

PaleoFiber®

*Comprehensive fiber powder for GI support**

PaleoFiber® is a combination of natural fibers derived from fruits, vegetables, roots, seeds and tree extracts. This product was designed with the Paleolithic diet in mind – the diet of our ancestors that our physiology may be most adapted to. Therefore, it is free of non-paleolithic food extracts such as grains (wheat, oat, and rice bran) and legumes (peas, beans, and soy fibers).

Benefits*

Everyone can benefit from PaleoFiber®: The RDA of fiber is 25-30 g/day, but because the modern diet is deficient in fiber, as well as fruits and vegetables, most Americans only average about 15 g per day. Two teaspoons of PaleoFiber® provide 4 grams of fiber – 3 g soluble and 1 g insolubl.

- Promotes proper intestinal function and bowel movement – may alleviate occasional constipation and diarrhea*
- Supports appetite regulation by increasing bulk and aiding a healthy rate of digestion*
- Supports healthy glucose and insulin levels by assisting healthy stomach emptying and the appropriate passage of food throughout the intestines*
- Helps maintain healthy cholesterol levels*
- Promotes a healthy gastrointestinal system by helping to maintain a suitable environment of friendly bacteria in the gut*
- Assists with healthy detoxification*
- Supports proper weight management*

Highlights

- **12 types of fiber:** Fibregum tan acacia gum, creafibe cellulose, guar gum, cranberry seed powder, carrot fiber, inulin, citrus fiber, apple pectin, glucomannan, psyllium husk, flax, prune
- **Free of non-paleolithic food extracts:** free of grains (wheat, oat or rice bran) and legumes (peas, beans or soy fibers)
 - gluten and lectin free, low allergenicity
 - free of phytates (phytate fiber is found in grains, has an acid load and binds minerals - which interferes with their absorption)
- **Soluble fiber** – attracts and dissolves in water, turning into a gel-like substance that helps to regulate the rate of digestion and, in turn, helps with satiety (feeling “satisfied” or appropriately full after a meal). Soluble fiber can be hard to obtain through the diet.
- **Insoluble fiber** – the basis of most plant-based products. Insoluble means that it does not dissolve in water, but rather stays intact throughout the digestive system. This type of fiber is considered gut-healthy, because it adds bulk to the diet and helps support healthy bowel function.
- **Fibregum tan** – a prebiotic from the popular acacia tree. Prebiotics support the growth of friendly bacteria.
- **Guaranteed purity** – free of toxic contaminants
- No artificial sweeteners, flavors or colors
- Mixes well and tastes great!

Recommended Use:

- Take 5 grams (approx. 2 tsp.) in water per day, as directed by your health care practitioner.
- Consume extra water when taking PaleoFiber® to help support the healthy movement of fiber through the intestines.
- Increase dose slowly to allow the body time to adjust the higher levels of fiber.
- Do not take at the same time as any prescription medications.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.