



Fiber Complete

TROPHORESTORATIVE DIGESTIVE HEALTH

ELIMINATE TOXINS*
IMPROVE DIGESTIVE TRANSIT*



FIBER COMPLETE

When we are “regular,” we just feel better... more energetic, more focused, more resilient. Fiber and fluids are keys to prebiotic health and essential, yet often overlooked, steps in digestive health. Proper, unprocessed fibers, in optimized balance, are better answers to constipation, dyspepsia, and to feeling heavy, fatigued, unfocused, or drained.

Fiber Complete is a unique combination of health-promoting prebiotic fibers. Take in water or any beverage to bind toxins, accelerate their safer removal from the body, and nourish the rapid growth of healthy, digestion-promoting bugs. Ample healthy bugs crowd out and prevent the growth of pathogenic “bad” bugs.

Fiber Complete for healthier...

- **Blood sugar** and **insulin** levels, whatever you eat. Improved personal glycemic index results.
- **Blood cholesterol** levels. Toxic bile acids and oxidized sterols are bound and eliminated.
- Lean **muscle** content increases; less insulin resistance; less overweight (obesity).
- Digestion from better **assimilation** and **elimination**.

FEATURES AND BENEFITS OF FIBER COMPLETE

1. Zero calories; zero free sugar.
2. Healthier digestion and digestive protection due to unique, high lignan content, 80% soluble; 20% insoluble fiber.
3. Improves blood cholesterol levels naturally.

4. Better...
 - essential nutrient uptake.
 - vitamin production and uptake.
 - prebiotic proliferation.
 - mineral uptake; better buffering.
 - immune defense and repair functions all over.
5. Toxic minerals: Block uptake via increased metallothionein to keep out or remove lead, mercury, cadmium, arsenic, and nickel; nature's toxic mineral trap.
6. Improve mental clarity; reduce brain fog.
7. Enhance healthy, 12-18 hour transit time.
8. Promote resistance to and relief from intestinal parasites.
9. Dissolves easily in water or any beverage... a clear difference.
10. No hydrogenated oils or trans fatty acids.

FIBER COMPLETE'S SPECIAL FORMULA

- **No** sugars (Citrucel®).
- **No** allergenic and irritating psyllium (Metamucil®).
- **No** allergenic and dysbiosis promoting hydrolyzed guar (Benefiber®).
- **No** stimulants like senna or caffeine (Senokot®).
- **No** phenolphthalein inhibitors (Ex-Lax®).
- **No** purgatives, laxatives, or other harsh agents... just safer, trophorestorative regularity.

FIBER COMPLETE'S UNIQUE INGREDIENTS

- Oat bran:** Special beta glucan from unprocessed oats provides a unique source of scientifically proven helpful dietary fiber from the most digestible grain protein. Beta glucan has been scientifically demonstrated to promote healthy cholesterol, blood sugar, and insulin levels. FDA recognizes the scientific consensus that has been achieved on this health benefit and now allows a health claim to be made by unprocessed oats for promoting heart health and reducing heart disease. Instant or rolled oats are processed for convenience in ways that destroy the beneficial beta glucan fiber. **Fiber Complete** uses non-GMO, Scandinavian, specially prepared oats made without chemicals or solvents or excess heat. This leaves the structure of the oat glucan undamaged and with 25-30% dietary fiber content rich in beta glucan.
- Glucomannan¹** in **Fiber Complete** provides:
 - Convenient, noncalorie fiber sources for digestive health.
 - Promotes healthy cholesterol levels.
 - Promotes elimination of oxidized cholesterol and bile acids for heart health.
 - Better gastrointestinal health: promotes regularity and good flora.
 - Decreases insulin surges in response to meals: Better glycemic control.
 - Increases satiety: Feeling full with less food².
- Acacia gum³** is a soothing and softening, whole prebiotic dietary fiber. It is also a natural emulsifier and stool stabilizer (less gas). Benefits include:
 - Stimulates the growth of helpful bacteria in the large intestine (colon) to reverse or prevent candida or fungal over-growth.
 - Promotes healthy (lower) total and LDL cholesterol.
 - Enhances absorption of minerals from the diet; better buffering; less cellular acid excess; and healthier, more alkaline first morning urine pH.
- Fructooligosaccharides (FOS)** are fruit fibers that promote growth of healthy gut probiotics.⁴
 - Improves digestion and absorption of essential nutrients, while enhancing detoxification and elimination of waste poisons.
 - Promotes a healthy "good" bacteria while crowding out "bad" bacteria in the digestive tract, reversing or protecting from dysbiosis or pathogen growth.
 - Relieves constipation, other gastrointestinal irritations (IBS) and lactose intolerance by producing lactase.

Directions: As a dietary supplement, take 7 grams (1 scoop) in water or juice, one (1) to five (5) times daily or as directed by your health professional.

SUPPLEMENT FACTS

Serving size: 7 grams (1 scoop)
Servings per container: 64

Energized Nutrients	Amount per serving	% Daily Value
Selenium (as 100% l-selenomethionine)	125 mcg.	227
Gum acacia (standardized, wild-crafted gum arabic)	3.5 gm.	*
Glucomannan (freeze-dried)	2 gm.	*
Oat fiber (14% beta glucan; Oatwell 14 [®])	1 gm.	*
Dextran FOS (short-chain prebiotics)	500 mg.	*
OPC (Grape Seed Extract)	12.5mg.	*
Phosphatides (includes phosphatidyl-choline, -ethanolamine, and -inositol)	36 mg.	*

*Daily value not established

Other Ingredients: None

SF061721

REFERENCES

- Walsh DE, Yaghoubian V, Behforooz A. Effect of glucomannan on obese patients: A clinical study. *Int J Obes* 1984;8(4):289-93.
- Cairella M, Marchini G. Evaluation of the action of glucomannan on metabolic parameters and on the sensation of satiety in overweight and obese patients. *Clin Ter* 1995 Apr;146(4):269-74.
- Wapnir RA, Teichberg S, Go JT, Wingertzahn MA, Harper RG. Oral rehydration solutions: Enhanced sodium absorption with gum arabic. *J Am Coll Nutr* 1996; 15, 377.
- Gibson GR, Roberfroid MB. Dietary modulation of the human colonic microbiota. Introducing the concept of prebiotics. *J Nutr* 1995;125:1401-12.
- Tahiri M, Tressol JC, Arnaud J, et al. Effect of short-chain fructooligosaccharides on intestinal calcium absorption and calcium status in postmenopausal women: a stable-isotope study. *Am J Clin Nutr* Feb 2003;77(2):449-57.
- Cockram DB, Hensley MK, Rodriguez M, et al. Safety and tolerance of medical nutritional products as sole sources of nutrition in people on hemodialysis. *J Ren Nutr*, 1998;8(1):25-33.
- Rasmussen SE, Frederiksen H, Struntze Krogholm K, Poulsen Dietary proanthocyanidins (OPCs): Occurrence, dietary intake, bioavailability, and protection against cardiovascular disease. *Mol Nutr Food Res* 2005 ;49(2):159- 174.
- Spilburg CA, Goldberg AC, McGill JB, et al. Fat-free foods supplemented with soy stanol-lecithin powder reduce cholesterol absorption and LDL cholesterol. *J Am Diet Assoc* 2003;103:577-81.



Prosper Nutrition, Houston, TX 77066
info@prospernutrition.com • 281-595-8959

*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.