

Gastro-Fiber®

4615

Please Copy for Your Patients

Gastro-Fiber Contains Psyllium, Apple Pectin, Collinsonia, Fenugreek Seed, and Fennel Seed that Provide Additional Fiber to the Diet and Offer Digestive System Support

We often hear that fiber is good for us, and we know that many foods contain fiber. However, what is fiber, and why is it so good for us? Dietary fiber is a blanket term used to describe non-digestible carbohydrate substances found in the cell walls of plants. They have specific effects on different gastrointestinal functions. For example, several substances influence the time it takes food to travel through the intestine; some substances help regulate the amount of water absorbed by the intestine; and others are involved with metabolizing ingested fats. The main types of dietary fiber are bran, mucilage, cellulose, lignin, hemi-cellulose, pectin, and gum. Soluble fiber helps prevent many problems that can occur in the digestive system by stimulating the regular movement of waste materials through the gastrointestinal tract. While many foods naturally contain dietary fiber, refinement removes much of this beneficial material from the foods we eat. Gastro-Fiber can provide supplemental dietary fiber to your diet.†

How Gastro-Fiber Keeps You Healthy

Supports healthy digestive system function

Psyllium is a highly-nutritious grain that helps cleanse and move the bowels. High in soluble fiber, psyllium is a natural stool softener and supports the natural growth of bacteria in the intestine. Collinsonia helps support and maintain the healthy lining in the gastrointestinal tract. Flavonoids in collinsonia work to strengthen and maintain blood vessel walls, while the root's astringent properties stimulate and tone mucosal membranes. Collinsonia encourages proper gastric juice flow and stimulates peristalsis to aid in proper digestion. Apple pectin, which is naturally fibrous, binds fat and cholesterol and slows the amount of these substances that are absorbed during digestion. Fennel seed helps balance the appetite. Fenugreek seed also acts as a natural stool softener and helps lubricate the intestine and reduce mucus buildup.†

Stimulates cleansing activities in the liver

Psyllium is a type of mucilage, or soluble fiber—a water-loving compound capable of trapping water in its chemical structure to form a gel. Water-soluble fiber and apple pectin work together to help stimulate more efficient liver metabolism and thus cleanse the blood.†



Introduced in:

2002

Content:

150 Capsules

Supplement Facts:

Serving Size: 3 capsules
Servings per Container: 50

		%DV
Calories	6	
Dietary Fiber	500 mg	2%*

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

This product is part of our Purification Kit (12010) which also includes SP Cleanse®, SP Complete™, and SP Green Food™.

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

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What Makes Gastro-Fiber Unique

Unique Product Attributes

This is a vegetarian product

Phytonutrients from the cell walls of plants work together to help support a number of different gastrointestinal functions

- Combination of five different whole foods and botanicals that contain multiple nutrients and a high percentage of soluble fiber
- Whole food ingredients provide nutrients plus their synergistic cofactors†

Unique Processing

Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Proprietary Blend: Psyllium (husk) powder, collinsonia (root) powder, apple pectin, fennel (seed), and fenugreek (seed) powder.

Other Ingredients: Cellulose, water, and calcium stearate.

Suggested Use: Three capsules, three times per day on an empty stomach, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Sold to health care professionals.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Gastro-Fiber®.

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