

TECHNICAL DATA SHEET



GASTROINTESTINAL SUPPORT FIBERBIOTICS®

Promotes regular bowel movements. Supports healthy gut microflora, cholesterol and blood glucose levels.

Digestive health is the basic core of wellness. Mountain Peak Nutritionals **Fiberbiotics** is a unique and complete digestive health formula that addresses the requirements of fiber, pre- and probiotics, and is a great complement to our acclaimed **Digestive™** formula. Fiber has been shown to support healthy cholesterol levels, promote intestinal health and regular bowel movements, as well as supporting healthy blood sugar levels and appetite control. The Food and Nutrition Board of the U.S. National Academy of Sciences recommends that humans consume 25-35 grams of fiber per day. According to the American Dietetic Association, most Americans consume only about 11 grams of dietary fiber per day. Clearly, most people fall far short of their fiber health needs. This imbalanced state also holds true for the bacterial mix commonly found in the intestinal tract. A healthy gastrointestinal tract has 85% beneficial forms of bacteria and only 15% harmful bacteria. Unfortunately, the average American's GI tract has these numbers reversed. **Fiberbiotics** offers real solutions to these digestive concerns with ingredients that have been shown to promote sustainable digestive tract health.

Supplement Facts

Serving size: 5 capsules

Servings per container: 24

Amount per serving		%DV
Psyllium (Plantago ovata) husk powder	700 mg	*
Oat bran (Avena sativa)	600 mg	*
Rice bran (Oryza sativa)	600 mg	*
Flax seed (Linum usitatissimum)(organic)	600 mg	*
Inulin	250 mg	*
Apple pectin	250 mg	*
Citrus pectin	250 mg	*
Prune fiber (Prunus domestica) powder	250 mg	*
Guar gum	165 mg	*
Beet root powder (Beta vulgaris)(organic)	150 mg	*
Fenugreek seed (Trigonella foenum-graecum)	125 mg	*
Triphala fruit	125 mg	*
11 strain probiotic blend	100 mg	*
1 Billion organisms per serving: Bifidobacterium		
bifidum, infantis, longum; Enterococcus faecium;		
Lactobacillus acidophilus, bulgaricus, plantarum,		
rhamnosus, salivarius; Pediococcus acidilactici;		
Streptococcus thermophilus		
Fennel seed (Foeniculum vulgare) powder	100 mg	*
Slippery elm (Ulmus rubra) bark	100 mg	*
Aloe Vera (Aloe barbadensis) leaf powder	75 mg	*
DL Malic acid	50 mg	*
Marshmallow (Althaea officinalis) root	50 mg	*
Chlorophyll	25 mg	*

* Daily Value not established.

Other ingredients: vegetarian capsules (hypromellose, purified water)
May contain trace amounts of milk protein.

INGREDIENTS:

Psyllium Seed Husk

Psyllium forms a mucilaginous mass when mixed with water and has a bulk laxative effect (1). In people with occasional diarrhea, the mucilage absorbs water, provides mass, and prolongs gastrointestinal transit (2). In individuals with occasional constipation, the mucilage absorbs water, swells, and stimulates peristalsis, reducing GI transit time (1). Psyllium supports healthy blood glucose levels by slowing carbohydrate absorption and can support healthy cholesterol levels by absorbing dietary fats in the GI tract (2).

Rice Bran

Rice bran is obtained from the outer hull of the rice Oryza sativa. Most of the fiber is insoluble. Rice bran oil is responsible for the most significant beneficial effects compared to whole rice bran. Other constituents of rice bran oil are gamma oryzanol and tocotrienols that appear to support healthy cholesterol levels by altering cholesterol absorption and excretion (3). Diets high in fiber have resulted in lower insulin levels, less weight gain, and a healthy cardiovascular system (4).

Oat Bran

Our organic oat bran is milled from the outer layer of hulled whole oats. Oats contain both soluble and insoluble fiber, but a greater proportion of soluble fiber than any other grain. Oat bran supplementation supports healthy cholesterol levels.

Flaxseed

Flaxseed is a soluble, bulk-forming fiber that stimulates intestinal peristalsis which produces a laxative effect (5). Flaxseed is used for cardiovascular support and to promote healthy cholesterol levels. Flaxseed is also the most abundant indirect food source of lignans that are a polysaccharide, which, in connection with cellulose, forms the cell wall of plants (6).

Replaces all previous versions: 6.22.22

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.

Soluble Fibers

Soluble fibers dissolve in water, turning into a gel. This slows the digestion and absorption of nutrients, which allows glucose to be slowly and steadily released into the bloodstream. Soluble fibers assist in supporting healthy blood pressure levels, support the cardiovascular system, act as a bulking agent to support elimination, and encourage friendly bacteria to grow. In addition to flaxseed, soluble fibers in **Fiberbiotics** include apple pectin, prune fiber powder, citrus pectin, fennel seed powder, aloe vera powder, fenugreek seed, guar gum and triphala.

Insoluble Fibers

Insoluble fibers are basically composed of cellulose and hemicellulose, which remain minimally digested and add the necessary bulk that speeds up the digestive system, thus reducing transit time and promoting regularity. Insoluble fiber is traditionally found in foods like beets and brown rice.

Probiotic Blend (11 Strains)

A probiotic is a live microbial food ingredient that, when ingested in sufficient quantities, exerts health benefits (7). The World Health Organization has recommended that probiotics be defined as “live microorganisms, which when administered in adequate amounts confer a health benefit on the host” (8). The gut microflora, which includes both potentially beneficial and harmful bacteria, is important to maintain a healthy intestinal tract and helps the intestine act as an effective barrier. The gut microflora breaks down vitamins and also ferments fibers and carbohydrates that are not digested in the upper GI tract. Probiotic bacteria taken with prebiotics that support their growth are called “synbiotics”. Both work together in a synergistic way more efficiently promoting the probiotics' effect.

Triphala Fruit

Triphala is the most popular Ayurvedic herbal formula of India and contains three fruits: Harada, Amia, and Bihara. Each of the three herbal fruits benefit the body by gently promoting internal cleansing of stagnation and excess, improves digestion and assimilation, is an effective blood purifier that stimulates bile secretion as it assists the liver, and supports healthy cholesterol and lipid levels throughout the body.

Marshmallow Root and Slippery Elm Bark

Marshmallow root and slippery elm bark are two potent mucilages that soothe and protect GI tract mucous membranes from local irritation by forming a protective layer (1). Marshmallow's mucilage assists in supporting the repair and function of irritated mucosal tissues.

Chlorophyll

Chlorophyll is the substance responsible for the green color in plants by which photosynthesis is accomplished. Chlorophyll is used for GI problems such as constipation and in the elimination of deleterious substances.

DL-Malic Acid

DL-Malic acid is the principal acid contained in apples and many other fruits and vegetables. Research has shown DL-Malic acid in a ratio of 4:1 over magnesium hydroxide produces the maximum amount of ATP in the body.

Guar Gum

Guar gum is a soluble dietary fiber produced from the seed of the guar plant. It works as a bulk laxative. Like other fibers, it absorbs glucose and lipids in the gut and decreases their absorption. The bulk forming properties cause a sense of fullness and result in a decreased appetite (9).

Patients: Consult with your healthcare professional for the proper use of this formula.

For more information about this and other Condition Specific Formulas® please visit our website at:

mountainpeaknutritionals.com

email us: support@mtnpeaknutrition.com



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