



## Fibergy® Plus

### Nutritious fiber blend

**Fibergy Plus** is a heart-healthy product because it's cholesterol free and low in saturated fat, and diets low in cholesterol and saturated fat may reduce the risk of heart disease. The FDA states that low-fat diets, rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors. **Fibergy Plus** is also low in sodium. Diets containing foods that are low in sodium may reduce the risk of high blood pressure.

ITEM #226

#### Fiber in the Diet

Consuming multiple sources of dietary fiber is important because different types of fiber provide specific benefits and serve unique purposes within the body. The unique formula of **Fibergy Plus** contains psyllium, which maintains healthy cholesterol levels already in the normal range, as well as inulin, a prebiotic that promotes healthy stimulation of bifidobacteria in the digestive tract.\*

#### Psyllium

Psyllium is a bulking agent that sweeps the GI tract and promotes regularity. The development of heart disease depends on many factors including high LDL cholesterol and high blood pressure. Soluble fiber from foods such as **Fibergy Plus**, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of **Fibergy Plus** supplies 2.9 grams of the soluble fiber from psyllium necessary per day to have this effect.

#### Inulin

Prebiotics are non-digestible food ingredients that stimulate the growth and/or activity of bacteria in the digestive system, which is beneficial to the health of the body. Inulin is a prebiotic found in **Fibergy Plus** that promotes healthy stimulation of bifidobacteria in the digestive tract. It is a special type of non-digestible fiber that serves as fertilizer for healthy bacteria in the digestive system. This healthy bacteria assists the digestive tract in the absorption of nutrients and the breakdown of foods.\*

The **USANA® Probiotic** product supplies healthy bifidobacteria and works in a symbiotic relationship with inulin to maintain healthy digestion. So together, **USANA Probiotic** and **Fibergy Plus** work to keep the healthy bacteria in.

The large intestine contains up to 500 different types of bacteria, which contribute to a number of biological functions in the body. To maintain a well-balanced flora in the large intestine, there must be more beneficial bacteria than pathogenic bacteria. Therefore, it is essential to promote the growth of "good" bacteria.\*

#### Why Fibergy® Plus?

The dietary fiber in **Fibergy Plus** promotes good digestive health, is important to the maintenance of heart health, and aids in normal bowel regularity, which helps move wastes and toxins out of the colon quickly and efficiently. If undigested food material and metabolic waste build up due to slow elimination, they may contribute to other health problems. The high fiber content in **Fibergy Plus** will also leave you feeling satisfied, making it easy to skip unhealthy snacks throughout the day. Diets high in soluble and insoluble fiber are important for digestive health. **Fibergy Plus** makes it simple to add the benefits of fiber to your daily diet.\*

#### References

- Wolk A, et al. JAMA 1999;281(21):1998-2004.

- Cardiovascular Health
- Cellular Metabolic Health
- Skeleton/Structural Health
- Endocrine Health
- Brain/Nervous Health
- Digestion/Detox Health
- Immune Health

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Hybrid



\*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.