

Fiber Support



Clinical Applications

- Promotes Bowel Regularity*
- Helps Maintain Healthy Intestinal Function*
- Supports Cardiovascular Health*

*Fiber Support is a pleasant-tasting, easily mixed fiber formula for the relief of occasional constipation, the promotion of bowel regularity, and the maintenance of healthy intestinal function. Consume adequate amounts of fluid with this formula and throughout the day to maintain bowel regularity. Fiber Support supports heart health and helps maintain cholesterol levels already within the normal range.**

All Phillips Clinic Formulas Meet or Exceed cGMP Quality Standards

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Discussion

Fiber Support is a blend of soluble and insoluble fibers with beta-carotene and vitamins C and E. Recognizing the strong evidence in favor of the healthful effects of dietary fibers, in May 2006 the FDA approved a label claim that diets low in saturated fats and containing adequate fiber reduce the risk of heart disease and certain cancers.*^[1]

In a randomized, controlled, single-blind, crossover study, increased insoluble dietary fiber intake for three days significantly improved whole-body insulin sensitivity.^[2] A prospective Japanese two-year collaborative cohort study with 43,115 men and women between the ages of 40 and 79 supported potential protective effects of dietary fiber against colorectal cancer, mainly against colon cancer.*^[3]

Among the significant number of ingredients contributing to the 8 g/serving content of Fiber Support are guar gum, a water-soluble fiber from ground endosperm of the seeds from *Cyamopsis tetragonoloba* (L.) Taub. Guar gum possesses laxative properties that stimulate the removal of waste and toxins and encourage colon health. Oat fiber, another soluble fiber, has a beneficial effect on cardiovascular lipid risk-factor profile. This may be due in part to its viscosity, similar to guar gum.^[4] Fenugreek fiber was shown to mediate blood sugar metabolism by inhibiting carbohydrate digestion and absorption, which enhanced peripheral insulin action.^[5] Citrus pectin, a soluble fiber, is known to stimulate cecal production of short-chain fatty acids (SCFAs) and has been shown to also stimulate protein synthesis in the intestines.^[6] Cellulose also stimulates SCFA production.*

Fiber Support

*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.



Supplement Facts

Serving Size: 1 Scoop (15 g)
Servings Per Container: 30

	Amount Per Serving	%Daily Value†
Calories 50		
Total Carbohydrate	12 g	4%
Dietary Fiber	8 g	32%
Soluble Fiber	3 g	**
Sugars	4 g	**
Vitamin A (as beta-carotene)	1250 IU	25%
Vitamin C (as ascorbic acid)	30 mg	50%
Vitamin E (as d-alpha-tocopheryl succinate)	15 IU	50%
Stevia (<i>Stevia rebaudiana</i>)(leaf)	22.5 mg	**

** Daily Value not established.

†Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Fiber Support blend (guar gum, oat fiber, polydextrose, purified cellulose, inulin, cellulose gel, fenugreek fiber, rice bran, citrus pectin, apple fiber, barley beta-glucans), cane sugar, natural flavors (no MSG), citric acid, medium-chain triglycerides, soy lecithin, beet powder, and *Lactobacillus acidophilus*.

Contains: Soy (lecithin).

Directions

Briskly stir one level scoop (15 g) into 8 oz chilled, pure water and consume once daily, or as directed by your healthcare practitioner.

References

1. Food and Drug Administration, HHS. Food labeling: health claims; soluble dietary fiber from certain foods and coronary heart disease. Final rule. *Fed Regist.* 2006 May 22;71(98):29248-50. [PMID: 16749215]
2. Weickert MO, Möhlig M, Schöfl C, et al. Cereal fiber improves whole-body insulin sensitivity in overweight and obese women. *Diabetes Care.* 2006 Apr;29(4):775-80. [PMID: 16567814]
3. Wakai K, Date C, Fukui M, et al. Dietary fiber and risk of colorectal cancer in the Japan collaborative cohort study. *Cancer Epidemiol Biomarkers Prev.* 2007 Apr;16(4):668-75. [PMID: 17416756]
4. Dikeman CL, Murphy MR, Fahey GC Jr. Dietary fibers affect viscosity of solutions and simulated human gastric and small intestinal digesta. *J Nutr.* 2006 Apr;136(4):913-19. [PMID: 16549450]
5. Hannan JM, Ali L, Rokeya B, et al. Soluble dietary fibre fraction of *Trigonella foenum-graecum* (fenugreek) seed improves glucose homeostasis in animal models of type 1 and type 2 diabetes by delaying carbohydrate digestion and absorption, and enhancing insulin action. *Br J Nutr.* 2007 Mar;97(3):514-21. [PMID: 17313713]
6. Pirman T, Ribeyre MC, Mosoni L, et al. Dietary pectin stimulates protein metabolism in the digestive tract. *Nutrition.* 2007 Jan;23(1):69-75. [PMID: 17084594]
7. Stark AH, Madar Z. In vitro production of short-chain fatty acids by bacterial fermentation of dietary fiber compared with effects of those fibers on hepatic sterol synthesis in rats. *J Nutr.* 1993 Dec;123(12):2166-73. [PMID: 8263612]

Cautions

Consult your healthcare practitioner before use. Keep out of reach of children. Avoid if allergic to any ingredient.

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