

# Organic Fibre-Pro – Helps Improve Gastrointestinal Health

## About Organic Fibre-Pro

- Organic Fibre-Pro consists of partially hydrolyzed guar gum (PHGG), a prebiotic fibre sourced from the guar bean.
- It mixes easily with water or any other beverage, hot or cold.<sup>1</sup>
- Fibre is an important part of a healthy diet and contributes to bowel regularity. PHGG may also sustain a feeling of fullness after eating, support normal blood sugar levels, and help maintain a healthy weight.<sup>2,3</sup>
- PHGG is a prebiotic fibre that increases beneficial *Lactobacillus* and *Bifidobacterium* species in the intestines, along with increasing beneficial short-chain fatty acids.<sup>4-6</sup>
- Studies show that PHGG helps prevent constipation and alleviate diarrhea, attributed to normalizing stool consistency and transit time.<sup>7,8</sup>
- In individuals with IBS, partially hydrolyzed guar gum has been shown to improve symptoms in both diarrhea- and constipation-predominant forms,<sup>4,8</sup> including bloating and gas.<sup>3</sup>
- Organic Fibre-Pro is low in FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols), substances that are difficult for individuals with IBS to digest. This makes PHGG an ideal fibre supplement for bowel regularity, both for individuals with and without IBS.

## How to Use Organic Fibre-Pro

- **IBS, Diarrhea (Adults):** Mix 1 serving (approx. 6.7 g) with 250 mL of water, 1–2 times daily or as directed by a health care practitioner.
- **Constipation, Stool, Glycemic Index (Adults):** Mix 1 serving (approx. 6.7 g) or 2 servings (approx. 13.4 g) with 250 mL of water daily or as directed by a health care practitioner.
- **IBS, Diarrhea (Children above 8 Years of Age):** Mix 1 serving (approx. 6.7 g) with 250 mL of water daily or as directed by a health care practitioner.
- **Constipation, Stool, Glycemic Index (Children Aged 12–16 Years):** Mix 1 serving (approx. 6.7 g) with 250 mL of water daily or as directed by a health care practitioner.

## Cautions and Contraindications

- Consult a health care practitioner prior to use if: 1) you have diabetes mellitus in which blood sugar is difficult to regulate, 2) you are taking medications which inhibit peristaltic movement (e.g., opioids, loperamide), or 3) you have symptoms such as abdominal pain, nausea, vomiting, or fever (as these could be signs of abdominal constipations of the

gastrointestinal tract, disease of the oesophagus and/or the superior opening of the stomach (cardia), potential or existing intestinal blockage, paralysis of the intestine, megacolon, fecal impaction, inflamed bowel, or appendicitis). Consult a health care practitioner if symptoms persist or worsen, or if laxative effect does not occur within seven days. Do not use if you are experiencing a sudden change in bowel habits that has persisted for more than 2 weeks, undiagnosed rectal bleeding, or failure to defecate following the use of another laxative product. Keep out of reach of children.

## Drug Interactions

- Guar gum may reduce the absorption of penicillin, metformin, and potentially other medications, decreasing their effectiveness.<sup>9</sup> Take this product at least 1–2 hours away from these medications.

## Quick Tips for Optimal Health

- If you have IBS, you may find it helpful to follow a low-FODMAP diet.<sup>10</sup> While much of the research has focused on IBS-D, the diet may also be helpful in IBS-C and may reduce the gas and bloating that can be common to both types.<sup>11</sup>
- Consider trying a gluten-free diet. While not a FODMAP, some individuals with IBS find gluten avoidance helpful in reducing symptoms.<sup>12</sup>
- Staying well-hydrated can help with constipation.<sup>13</sup>
- Staying active can help with constipation and stress management.<sup>13,14</sup>
- Breathing and stretching exercises may help with stress management, especially if your symptoms are triggered by stress.<sup>15,16</sup>

PATIENT NAME: \_\_\_\_\_

### PRACTITIONER NOTES:

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PRACTITIONER CONTACT INFORMATION:

## References

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