



Code: 9511 **NPN:** 80090371
Size: 268 g
Actual Size: Scoop size
 approximately 6.7 g

Organic Fibre-Pro

Helps Improve Gastrointestinal Health

- Helps relieve bowel irregularity, bloating, and other minor gastrointestinal symptoms
- Helps with proper stool formation
- Helps reduce glycemic response and glycemic index when taken with food
- Consists of partially hydrolyzed guar gum (PHGG), a prebiotic fibre low in FODMAPs
- For adults and children aged eight and up
- Delicious tropical flavour

PRODUCT SUMMARY

Organic Fibre-Pro consists of PHGG, a prebiotic fibre sourced from the guar bean. It mixes easily with water without noticeable thickening, remains stable at acidic pH, and is resistant to high temperatures. Fibre is an important part of a healthy diet and contributes to regularity. PHGG may also sustain a feeling of fullness after eating, support normal blood sugar levels, and help maintain a healthy weight. As a prebiotic fibre, PHGG increases beneficial *Lactobacillus* and *Bifidobacterium* species in the intestines. Fermentation also increases beneficial short-chain fatty acids such as acetate and butyrate.

Studies show that PHGG helps prevent constipation and alleviate diarrhea, both attributed to the normalization of transit time and stool consistency. In individuals with IBS, PHGG has been shown to improve symptoms in both diarrhea- and constipation-predominant forms in addition to improving symptoms of bloating and gas. 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 regularity, both for individuals with IBS and without.



ORGANIC FIBRE-PRO

HELPS IMPROVE GASTROINTESTINAL HEALTH

Serving Size: 1 Scoop (approximately 6.7 g)

Servings Per Container: 40

Each Scoop (Approx. 6.7 g) Contains:

Sunfiber® (Organic Partially Hydrolyzed Guar Gum) 5 g

Non-medicinal Ingredients: Organic natural flavours, citric acid, organic *Oryza sativa* (rice) hull powder, L-malic acid, organic stevia leaf extract.

Recommended Dose: 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.

Recommended Use:

- Source of fibre for the maintenance of healthy gastrointestinal functions.
- Helps improve intestinal regularity, including constipation and diarrhea.
- Helps relieve bowel irregularity, bloating, and other minor gastrointestinal symptoms in people with irritable bowel syndrome (IBS).
- Helps reduce the need for laxative use.
- Helps reduce glycemic response and glycemic index when taken with food.

Caution: 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 that 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. Keep out of reach of children.

Contraindications: 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.

Drug Interactions: Guar gum may reduce the absorption of penicillin, metformin, and potentially other medications, decreasing their effectiveness. Theoretically, it may also decrease the absorption of ethinyl estradiol, decreasing its effectiveness.

Contains no artificial colours, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are manufactured to meet or exceed current Good Manufacturing Practices (cGMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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Bioclinic Naturals® Canada
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