

# NutriFi®

## Digestive Aid

**RELIEF OF OCCASIONAL CONSTIPATION\***  
**PROMOTES PROPER BOWEL FUNCTION AND REGULARITY\***



### Positioning Statement

NutriFi® is a proprietary blend of several soluble and insoluble fibers, scientifically shown to be beneficial to normal bowel health.\*

### Concept

Dietary fiber is one of the major dietary recommendations made by the FDA, particularly as one ages. Generally obtained from plant foods, dietary fiber consists of the portion of a plant that is not digested by man. While the sugars, starches, and vitamins are broken down into nutrients absorbed by our intestines, the cell walls are not digested and go on to form an important component of the stool—the bulk or roughage. In the June 2, 1999 issue of *The Journal of the American Medical Association*, researchers report that women who eat a diet high in fiber have better long-term cardiovascular health. The study tracked more than 68,000 women over 10 years and confirms the positive cardiovascular protective effects of fiber in women that previous studies have found in men.

NutriFi® is a convenient fiber blend with a unique formula that can be mixed with food or in drinks, without altering flavor, to help you get the fiber you need. Assisting proper bowel function, regularity, and helping relieve occasional constipation, NutriFi® is an excellent source of soluble and insoluble fiber.\*

### Primary Benefits

- Each daily dose provides eight grams of soluble and insoluble fiber to promote proper bowel function\*
- Added fiber can positively affect digestive function and promote regularity\*
- Fiber in NutriFi® can relieve occasional constipation\*
- Regular fiber intake can promote cardiovascular health\*

### What Makes This Product Unique?

- An excellent source of fiber
- Contains both soluble and insoluble fiber
- Convenient and can be added to normal food without affecting flavor

### Who Should Use This Product?

NutriFi® is formulated for individuals who desire greater fiber intake and relief from occasional constipation.\*

### Did You Know?

- The FDA has approved the following food claim: Soluble fiber from foods such as NutriFi®, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of NutriFi® supplies 1.5 grams per day of the soluble fiber from oat bran necessary to have this effect
- According to the Food and Nutrition Board, adults 50 years and younger should consume 38 grams of fiber for men and 25 grams for women, while men and women over 50 should have an intake of 30 and 21 grams per day, respectively

### Frequently Asked Questions

#### *What ingredients does NutriFi® have?*

NutriFi® contains a proprietary blend of soluble and insoluble fibers. It contains cellulose, oat bran, gum arabic, and citrus pectin.

#### *How does NutriFi® work?*

The fibers in NutriFi® can absorb water, thereby promoting normal bowel function. These particles give the stool size, shape, and moisture, making it easy for it to move along the colon. In the absence of adequate fiber or water, the digestive system will not function properly. The fiber blend in NutriFi® promotes normal digestion and bowel regularity.\*

#### *What is the ratio of insoluble to soluble fiber in NutriFi®?*

The amounts are 70% insoluble and 30% soluble.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# NutriFi®

## Is NutriFi® safe?

NutriFi® is safe and well tolerated at the recommended dosage. Mild gastrointestinal discomforts are the only reported side effects.

## Key Scientific Studies

1. Rock CL, Flatt SW, Thomson CA, et al. Effects of a high-fiber, low-fat diet intervention on serum concentrations of reproductive steroid hormones in women with a history of breast cancer. *J Clin Oncol*, 2004 Jun 15; 22(12):2379–87.
2. Jacobs ET, Giuliano AR, Roe DJ, et al. Dietary change in an intervention trial of wheat bran fiber and colorectal adenoma recurrence. *Ann Epidemiol*, 2004 Apr; 14(4):280–6.
3. Bylund A, Lundin E, Zhang JX, et al. Randomized controlled short-term intervention pilot study on rye bran bread in prostate cancer. *Eur J Cancer Prev*, 2003 Oct; 12(5):407–15.
4. Peters U, Sinha R, Chatterjee N, et al. Prostate, lung, colorectal, and ovarian cancer screening trial project team. Dietary fiber and colorectal adenoma in a colorectal cancer early detection programme. *Lancet*, 2003 May 3; 361(9368):1491–5.
5. Liu S, Sesso HD, Manson JE, Willett WC, Buring JE. Is intake of breakfast cereals related to total and cause-specific mortality in men? *Am J Clin Nutr*, 2003 Mar; 77(3):594–9.

## Supplement Facts

Serving Size One Rounded Teaspoon (7g)

Amount Per Serving	%Daily Value*
Calories 25	
Total Fat 0g	0%
Sodium 10mg	%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 0g	

Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, vitamin C, calcium, and iron.

\*Daily Value not established.

**Other Ingredients:** Oat Fiber, Maltodextrin, Dextrose (Glucose), Cellulose, Citrus Pectin, Psyllium Fiber, Gum Arabic.

## Directions for Use

Take one (1) serving with your morning and evening meals. Add one (1) rounded teaspoon to eight (8) ounces (1 cup) of liquid. Mix thoroughly until completely dissolved. May be mixed with Splash C™ with aloe or juice. May also be added to hot or cold cereal, casserole, soup, or salad.

## Warnings

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

