



FIBER

plus prebiotic

THE WELLNESS PROBLEM

A healthy digestive system is an absolute cornerstone of overall health, wellbeing and vitality. Amongst the most important components of a healthy diet is dietary fibre – indigestible components of plant based foods that divide into two broad categories – soluble fibre and insoluble fibre.

Fibre helps keep food moving through the digestive system and acts as a bulking agent so undigested food and waste products can be more easily eliminated from the body.

Symptoms of poor digestive function can include excessive gas, constipation, diarrhoea, reflux/heartburn, halitosis, bloating and discomfort. Lifestyle factors including poor food choices and bad eating habits can exacerbate the problem.

The recommended daily intake for dietary fibre is 25g/day for adult women and 30g/day for adult men; however national surveys consistently show the average consumption is less than 20g.

THE MODERE SOLUTION

Fiber provides a blend of soluble and insoluble fibre, as well as probiotic bacteria to help support a healthy condition in the colon and overall digestive function. Each serve offers 6g of fibre including:

- Psyllium husk: a high level source of soluble dietary fibre
- Inulin: soluble fibre derived from chicory which also functions as a prebiotic ingredient
- Cellulose: a source of soluble and insoluble fibre which helps cleanse the intestinal tract and supports regularity
- *Bacillus coagulans*: a shelf-stable probiotic ingredient that supports good bacteria in the gut

In addition to promoting regularity and relieving constipation, sufficient dietary fibre helps the body to maintain a healthy digestive tract and promotes overall digestive health.

With a fresh citrus flavour and no unpleasant grittiness, a daily dose of Fiber could set you on the path to digestive wellbeing.



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WELLBEING BENEFITS OF FIBER

Gastrointestinal support

- Supports regularity
- Supports normal digestion
- Promotes laxation

Dietary support

- Good source of fibre
- Blend of soluble and insoluble fibre
- Easy way to add fibre to your diet

COMPANION PRODUCTS

You may receive additional benefits from combining this product with:

Digestive Support: Aloe Vera, Probiotic

Weight Management Support: Modere Weight Management Program

Cardiovascular Support: EFA Krill, CoQ10

FACTS

ACTIVE INGREDIENTS

Psyllium husk, inulin, anticaking agents (powdered cellulose, silicon dioxide), acidity regulator (citric acid), thickener (guar gum), maltodextrin, stabiliser (gum Arabic), sweetener (steviol glycosides), natural flavours, modified corn starch, corn starch, bacillus coagulans, colour (betacarotene), antioxidant (a-tocopherol, ascorbic acid), corn oil.

DIRECTIONS FOR USE

Mix two level scoops of Fiber with a 250mL glass of water. Stir briskly and drink promptly. May also be mixed with juice. If mixture thickens, add more liquid and stir. Take daily with plenty of water
Pack size: 240g container.

PRECAUTIONS

Contains psyllium; persons sensitive to psyllium must avoid this product. If nursing or pregnant, consult your healthcare professional before taking this product. Always consume with at least one full glass of liquid. Do not eat the powder - this may cause choking.

FREE FROM

Milk, gluten, preservatives, artificial colours and flavours, and yeast. Suitable for vegetarians and vegans.

NUTRITIONAL INFORMATION

Servings per container: 30		
Serving size: 8g (2 level scoops)		
Average quantity	per serving	per 100mL
Energy	125kJ	1560kJ
Protein	0.064g	0.8g
Fat, total	0.039g	0.49g
- saturated	0.02g	0.25g
- trans fat	0.0g	0.0g
Dietary fibre	6.0g	75.0g
Carbohydrate	7.3g	91.2g
- sugars	0.12g	1.5g
Sodium	1.76mg	22mg