

BRIDGE THE FIBER GAP

MOST AMERICANS EAT
ONLY 15 G
OF FIBER PER DAY



DOUBLING
FIBER INTAKE
CAN TRIM OFF
10 LBS



OF YEARLY WEIGHT GAIN

FIBER

detoxes, cleanses and balances



Reduces
STRESS



Lowers
CHOLESTEROL



Improves
SKIN HEALTH



Protects from
DIABETES



Helps to
LOSE WEIGHT



Decreases the
risks of common
DIGESTIVE
SYSTEM
CANCERS



Reduces the
RISK OF
STROKE



40% less likely
to suffer a
HEART ATTACK



Lowers the
risk of
DIVERTICULITIS
(inflammation of
the intestine)