

# Fibergy™ Plus

Dietary fibre intake provides many health benefits. The weight of clinical evidence strongly indicates that consumption of dietary fibre, from food or fibre supplements, has many beneficial effects to overall health.<sup>1</sup>

Increasing the intake of dietary fibre assists in the improvement of regularity. Fibre supplements play an important role in helping individuals achieve fibre intakes approaching recommended guidance levels.

USANA's unique formula, **Fibergy™ Plus** contains psyllium – a dietary fibre that helps stimulating normal bowel regularity; as well as inulin – a prebiotic that helps promote growth of healthy bacteria in the digestive tract. The fibre content in **Fibergy Plus** is from multiple sources. Consuming multiple sources of dietary fibre is important because different types of fibre provide specific benefits and serve unique purposes within the body.

## Psyllium

Psyllium is a rich source of soluble fibre, and a bulking agent. It has been widely used to promote bowel movement. A serving of **Fibergy Plus** supplies 4 grams of psyllium.

## Inulin

Inulin is a prebiotic found in **Fibergy Plus** that promotes the growth of bifidobacteria in the digestive tract. It is a special type of nondigestible fibre that serves as fertiliser for healthy bacteria in the digestive system, which in turn assists in the absorption of nutrients and the breakdown of foods. A serving of **Fibergy Plus** supplies 3 grams of inulin.

## Why Fibergy™ Plus?

The dietary fibre in **Fibergy Plus** promotes good digestive health, and aids in normal bowel regularity, which helps move wastes and toxins out of the colon. If undigested food material and metabolic waste build up due to slow elimination, they may contribute to other health problems.

The high fibre low-GI formula of **Fibergy Plus** will also leave you feeling satisfied, making it easy to skip unhealthy snacks throughout the day. **Fibergy Plus** makes it simple to add the benefits of fibre to your daily diet.

**Fibergy Plus** is a flavourless fibre blend which provides 12 grams of soluble and insoluble fibre in each serving – that's more than twice the amount of many other fibre products available in the market! It is formulated using natural ingredients and without added gluten, soy or dairy.\* Each pack comes with 28 serves.

## Using Fibergy™ Plus

Mix 1 level tablespoon (approx. 14 g) into 290-340 mL of juice or water; or combine 2 heaped teaspoons (approx. 7 g) with USANA **Nutrimeal™**. For best results, mix in a BlenderBottle™ for 45 seconds. Enjoy immediately.

**CAUTION:** This food should be consumed by adding it to at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing.

If you are taking any medications (prescription and/ or over-the-counter) take this product at least 2 hours before or 2 hours after your medication.

FIBERGY PLUS NUTRITIONAL INFORMATION		
SERVINGS PER PACKAGE: 28		
SERVING SIZE: 14 g		
	QUANTITY PER SERVING <sup>1</sup>	QUANTITY PER 100 g <sup>1</sup>
Energy	134 kJ (32 Cal)	957 kJ (229 Cal)
Protein	0.3 g	2.1 g
Fat, Total	0.2 g	1.4 g
— Saturated	0 g	0 g
Carbohydrate	12 g	85 g
— Sugars	0.5 g	3.6 g
Dietary Fibre, total	12 g	85 g
Soluble Fibre	8 g	57 g
Insoluble Fibre	4 g	29 g
Sodium	21 mg	150 mg
Potassium	16 mg	115 mg
Psyllium	4 g	29 g
Inulin	3 g	21 g

### † AVERAGE QUANTITIES

**Ingredients:** Psyllium, Inulin, Cane Fibre, Gum Arabic, Rice Bran, Citrus Pectin, Flaxseed Meal, Citric Acid, Natural Flavour.

\*No dairy, soy, or gluten-containing ingredients are used in this product. However, USANA **Fibergy Plus** is produced in a facility that manufactures other foods that do contain dairy, soy, and gluten.

**Produced on equipment that also processes:** Wheat, Peanuts, Tree Nuts, Egg, Sesame, and Shellfish.

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## References

1. Anderson JW et al, Health benefits of dietary fibre. Nutrition Reviews, 2009; Vol.67(4):188-205



USANA® Foods  
Macronutrition

## Fibergy™ Plus

- Contains 12 grams of dietary fibre per serving
- Promotes good digestive health
- Formulated without gluten, dairy and soy\*
- Natural source of dietary fibre



## Fibergy Plus

ITEM# 226

