

**FIBERrific**

**FIBERrific**  
*+omega-3*

**FIBERrific**  
*+probiotic*

**FIBERrific**  
*+enzymes*

**FIBERrific**  
*+B Vitamins & Folic Acid*

**FIBERrific**  
*+Vitamin D*

Taste-Free All-Natural <sup>TM</sup>  
**FIBERrific**  
97% PureFIBER  
UNLIKE PSYLLIUM-BASED PRODUCTS AT 3.5%

Pure-le Natural  
545 Welham Rd.  
Barrie, Ontario,  
Canada L4N 8Z6  
info@fiberrific.com  
800.887.6009

**FIBERrific.com**

The statements in this document have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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**Feel Better  
All Over!**



Your entire body will thank you.

**FIBERrific.com**

# Frequently Asked Questions

## FIBERrific



FIBERrific is the easy, convenient and pleasant way to ensure you and your family are getting the recommended daily dose of fiber in your diet. It is tasteless, colourless, odourless and dissolves in any drink or soft food and will never thicken!

Experts agree that a healthy diet should include a daily minimum of 26 - 35 grams of dietary fiber. Unfortunately, this busy world makes that nearly impossible to obtain each

and every day. On average we obtain far less than half that amount. Each teaspoon of FIBERrific provides over 4.5 grams of soluble fiber to help you maintain regularity and good overall health.

### What is FIBERrific?

FIBERrific is made from a unique fiber source, Instant Inulin extracted from the root of the Chicory plant (*Cichorium intybus*).

The extraction process is 100% natural and does not use any chemicals. FIBERrific comes in the form of a fine white powder that resembles icing sugar.

There are absolutely no added sweeteners, flavours or anti-thickeners. However, FIBERrific is grit free and does not thicken.

FIBERrific is the all-natural, vegetarian and independently certified Kosher and Parve fiber supplement.

FIBERrific does not contain any chemicals, preservatives, flavours, colours, sugar, corn, soy, dairy, wheat, gluten, meat, meat by-products, or bee products.

**Q:** What is FIBERrific Made From?

**A:** Chicory Root.

Fiberrific is made by taking 100% natural chicory roots and water extracting the fiber from the root. This fiber then undergoes a natural enzymatic process which cuts the fiber into smaller pieces. The resulting product, Fiberrific, is a 100% natural 97% pure soluble fiber.

All other ingredients (other than fiber) found in the Fiberrific product line are classified as GRAS (Generally Recognized As Safe) which is the highest safety standard an ingredient can achieve.

**Q:** How soluble is Fiberrific?

**A:** Exceptionally soluble.

Fiberrific is the most soluble fiber supplement period. You can prove this yourself with the following test:

Try the Fiberrific Cold Water Test with any other Fiber supplement. No other fiber supplement can compare to Fiberrific. Clear cold water is one of the most difficult substances to be soluble in. Because it is clear you are able to see any insoluble "bits". Additionally, the colder a liquid is, the harder it is to blend a powder into it. Try adding 4.5 grams of Fiberrific (1 Teaspoon) to 1 cup (250ml) of water from your fridge. Let sit for a minute, then stir for 30 -45 seconds. Voila! It all went in. Have a drink. You'll notice that the water tastes like .... WATER!

**Q:** Can I take more than is recommended on the bottle?

**A:** Yes, within reason.

Fiberrific is a food-based fiber source, and all ingredients in the Fiberrific product line are GRAS certified. The bottle provides a guideline for the "average" person. We encourage you to experiment with your personal daily requirements. Just remember to add fiber to your diet slowly, to give your digestive system time to adjust.

**Q:** If I take less than the recommended amount of Fiberrific, will it still benefit me?

**A:** While there are recommended doses on the product label, any quantity offers valuable support and health benefits.

**Q:** Has FIBERrific been scientifically studied?

**A:** Yes. The fiber in FIBERrific has undergone hundreds of clinical trials confirming both its safety and efficacy as a beneficial fiber source for everyone, including children, diabetics, hypoglycemics, the elderly, and the infirmed. FIBERrific is formulated from the highest grade of inulin, a component of over 36,000 edible plants. It is classified as a food and is certified to meet the highest international safety standards for ingredients.

All other ingredients (other than fiber) found in FIBERrific products have each undergone numerous clinical studies, some numbering in the hundreds. All ingredients are classified as GRAS (Generally Recognized As Safe) which is the highest safety standard a food ingredient can achieve.

**Q:** Are FIBERrific or the FIBERrific +products right for me?

Virtually everyone can benefit from additional fiber and FIBERrific. Every major health organization recommends getting significantly more fiber each and every day. FIBERrific and FIBERrific +products can help. You and your family should take FIBERrific and/or FIBERrific +products because they contain the essential nutrients your body and individual body systems require to operate effectively and keep you healthy. The best part is they offer you health benefits without any compromises. They are easy to use without any issues on taste or texture. Enjoy a drink to your good health!

**Q:** Can I take more than one of the FIBERrific products?

**A:** Yes, you can take any or all of the FIBERrific products together. They are all designed to complement each other, and can be taken at the same time, separately, or individually, whichever provides you with the nutrition you want and is more convenient for you.

**Q:** Are there any other benefits?

**A:** FIBERrific is full of beneficial effects, such as increased energy levels, better digestion, weight loss, improved insulin utilization, improved nutrient absorption, relief from both constipation and diarrhea. For a detailing of the many benefits of FIBERrific and the FIBERrific +products please visit our website [www.FIBERrific.com](http://www.FIBERrific.com)

**Q:** Can I mix FIBERrific with other foods?

**A:** Yes. FIBERrific is meant to be mixed with foods and drinks. It will mix into virtually any drink (except carbonated drinks) or soft food without altering the taste, texture, colour or smell. We do recommend with FIBERrific +omega-3 DHA & EPA mixing into citrus drinks as it improves the taste and absorption. You can turn almost any food into a fiber-rich superfood!

Users report success mixing FIBERrific into many liquids including water, juices, milk, tea, coffee, “green” drinks, shakes, protein drinks, and more.

Go ahead and experiment with your baking and cooking. FIBERrific has been successfully used in everything from jams, pancakes, omelettes, pies, cakes and brownies to sauces, soups, salad dressings, breads, muffins, cookies, gelatins and puddings.

**Q:** Can I mix FIBERrific in something hot, like soup or coffee?

**A:** Yes! FIBERrific is not altered by heat or cold. You can mix it in almost any liquid or soft food, regardless of temperature. However FIBERrific +omega-3 DHA & EPA will not remain as stable in hot foods and drinks.

**Q:** Can I take FIBERrific during pregnancy or while nursing?

**A:** Yes! FIBERrific can benefit both you and your baby. The ingredients in FIBERrific are both used, and recommended for use, in infant formulas to help develop proper digestive and immune function. Additionally it will help prevent mother’s pregnancy constipation.

**Q:** Can I give FIBERrific to children?

**A:** Yes! FIBERrific is safe for children and teens and can aid in the development of strong bones and teeth, while helping to combat obesity and diabetes. Ensure that you add FIBERrific to an already healthy and balanced diet.

**Q:** Where are FIBERrific products made?

**A:** All FIBERrific products, in fact all Pure-le Natural Products, including FIBERrific and FIBERrific +s are made in our own certified Kosher, parve, and GMP (Good Manufacturing Practices) certified state of the art facilities in Barrie, Ontario Canada. We are regularly inspected and comply with all regulations of the Government of Canada and the Kashruth Council of Canada.

## FIBERrific +omega-3 DHA & EPA

FIBERrific +omega-3 DHA & EPA provides you with all the health benefits of FIBERrific as well as those attributed to the biologically active forms of Omega-3 Essential Fatty Acids, (EFA) docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA).



### DHA & EPA

The combination of DHA and EPA has been called “one of the miracle supplements of the 21st century.” Extensive clinical research shows the combination can improve visual acuity, help prevent heart disease, maintain optimum blood pressure and cholesterol levels, reduce inflammation and provide relief from joint pain, migraines, depression, autoimmune diseases and many other conditions. Additionally, DHA & EPA provide the perfect brain food to improve brain development and memory function, from conception through old age.

### FIBERrific +omega-3 DHA & EPA Advantages

- Natural, gluten-free and shelf-stable.
- Each teaspoon contains 2.5g natural fiber and over 100mg pure DHA and EPA.
- Potent prebiotic, fiber, DHA and EPA in one easy to take supplement.
- Highest quality, ultra filtered and molecularly distilled pure DHA & EPA.
- Naturally microencapsulated DHA & EPA to increase stability and reduce taste.
- Clinically proven Omega-3 (DHA & EPA) blend.
- Can be used in citrus juices and citrus drinks to create DHA & EPA rich drinks, shakes & smoothies.
- Biologically active Omega-3 essential fatty acids from highly concentrated pharmaceutically pure fish oil. Any other source of Omega-3 would be not be potent or effective enough to carry the FIBERrific name.

## How can FIBERrific improve my Health?

Regular use of FIBERrific provides numerous health benefits:

- ◆ Improves digestion
- ◆ Improves immunity
- ◆ Reduces the risk of colon, breast, liver and lung cancer
- ◆ Helps to prevent & reverse osteoporosis
- ◆ Triples your uptake and absorption of calcium
- ◆ Increases absorption of magnesium, iron & zinc
- ◆ Helps to balance your blood sugar (ideal for diabetics and hypoglycemics)
- ◆ Shortens duration of colds & flu's
- ◆ Relieves both constipation and diarrhea
- ◆ Reduces LDL cholesterol (the bad cholesterol) & triglyceride levels in your blood
- ◆ Helps to relieve symptoms of Colitis, Irritable Bowel Syndrome Cardiovascular Disease, & Crohn's Disease.
- ◆ Increases probiotic (healthy flora) colony size
- ◆ Helps to prevent yeast and candida infections

For detailed information on these and additional health benefits, be sure to check out our web site:

[www.FIBERrific.com](http://www.FIBERrific.com)

## FIBERrific +enzymes

FIBERrific +enzymes provides you with all the health benefits of FIBERrific as well as those attributed to a complete blend of vegetarian digestive enzymes.

FIBERrific +enzymes supplies vegetable-derived enzymes along with FIBERrific supporting all aspects of digestive function. FIBERrific +enzymes contains a newly developed high potency multi-enzyme complex derived from *Aspergillus oryzae* with a broad range of enzymatic activity that includes the ability to properly break down cellulose, as well as protein, fat (including omega fatty acids) and carbohydrates. FIBERrific +enzymes contains all the essential enzymes for proper digestion and nutrient absorption; amylase, protease, lipase, cellulase and lactase.

Enzyme supplementation assists digestion and delivery of nutrients to the body. FIBERrific +enzymes helps to relieve common digestive complaints including indigestion, stomach upset, heartburn, pain, gas, bloating, diarrhea, and constipation.

### FIBERrific +enzymes Advantages

- Natural, gluten-free, shelf-stable, vegan, kosher.
- Each teaspoon contains 4.5g natural fiber and over 3700 vegan shelf-stable enzyme units.
- Potent prebiotic, fiber and enzymes in one easy to take supplement.
- Clinically proven vegan enzyme blend.
- Dissolves completely in any liquid or soft food.
- Can be used in cooking and baking to create fiber and enzyme rich superfoods.



## FIBERrific +probiotic

FIBERrific +probiotic provides you with all the health benefits of FIBERrific as well as those attributed to our highly potent vegan, probiotic.

FIBERrific +probiotic is the only shelf-stable "complete**biotic**" (prebiotic and probiotic). It supplies the vegetable derived probiotic supplement *Lactobacillus sporogenes* along with FIBERrific providing ultimate support for your digestive and immune systems.

FIBERrific +probiotic improves gastrointestinal function and promotes the balance of beneficial bacterial flora. It increases digestive enzymes for improved digestion. FIBERrific +probiotic also inhibits the growth of bad bacteria and organisms, including candida; and enhances the bioavailability of nutrients from food.

*Lactobacillus sporogenes* has a naturally occurring outer layer, protecting it against environmental changes. As a result, unlike other probiotics, *Lactobacillus sporogenes* does not require refrigeration. FIBERrific +probiotic remains effective under virtually any temperature, even baking!

### FIBERrific +probiotic Advantages

- Natural, gluten-free, shelf-stable, vegan, kosher.
- Each teaspoon contains 4.5g natural fiber and over 300,000,000 shelf-stable probiotic flora.
- Clinically proven probiotic (*Lactobacillus sporogenes*).
- Highest probiotic implantation & proliferation rate (90%+).
- Dissolves completely in any liquid or soft food.
- Use in cooking and baking to create fiber-rich probiotic superfoods.
- Potent prebiotic and probiotic in one supplement.



## FIBERrific + vitamin D

FIBERrific + vitamin D provide you with a full day dose of Vitamin D with all the health benefits of FIBERrific.

Vitamin D is a fat-soluble vitamin that is naturally present in very few foods. There has been a great deal of media attention on vitamin D as clinical trials have shown having adequate amounts has been linked to lower incidences of diabetes, various forms of cancer, high blood pressure, reduced immunity, multiple sclerosis (MS), osteoporosis, depression, and seasonal affective disorder (SAD) as well as other conditions.

Vitamin D has long been known for its important role in regulating body levels of calcium and phosphorus, and in mineralization of bone.

Vitamin D is metabolized into a potent steroid hormone called calcitriol. More recently, it has become clear that receptors for calcitriol, are present in a wide variety of cells, and that calcitriol, has biologic effects which extend far beyond control of mineral metabolism.

It is believed that vitamin D and its metabolites, play an important part in the regulation of genes involved in cell growth, differentiation and proliferation. By promoting differentiation and inhibiting proliferation, vitamin D may become an important factor in disease (especially cancer), cancer prevention and therapy.

### FIBERrific +enzymes Advantages

- Natural, gluten-free, shelf-stable, kosher.
- Each teaspoon contains 4.5g natural fiber and 1000IU vitamin D.
- Potent prebiotic, fiber and biologically active vitamin D in one easy to take supplement.
- Clinically proven ingredients in one easy to use supplement.



## FIBERrific + B vitamins & folic acid

FIBERrific + B vitamins & folic acid provides you with a full day dose of Vitamins B6, B12 and Folic Acid with all the health benefits of FIBERrific.

Lately there has been a great deal of interest in these essential (meaning that they are vital to life) vitamins; B6, B12, and folic acid. We know that deficiencies are common, particularly in older adults. We also know that deficiencies cause irreversible damage. Researchers believe these vitamins are

significant factors in endurance, heart disease, concentration, memory, diabetes, and Parkinson's disease.

B6 helps make hormones, new proteins, and neurotransmitters. It helps release stored sugar for energy. With B12 and folic acid, it removes homocysteine from your blood. Homocysteine is a substance associated with a number of diseases including Alzheimer's and heart disease.

B12 plays a role in the synthesis of DNA and forming red blood cells. It is part of the myelin sheath - the protective coating that surrounds nerve cells. Working with B6 and folic acid, it removes homocysteine.

Folic acid, is a partner with B12 in DNA synthesis and in removal of homocysteine, and is required in many other vital processes. Without each other folic acid and B12 would be unable to complete many vital functions.

FIBERrific +B Vitamins & Folic Acid is the only easy to take, shelf stable, fiber plus B Vitamin product. It supplies 3 key sets of supplements at once, B Vitamins, Fiber and a potent prebiotic, all in one soluble, taste-free powder.

### FIBERrific +B Vitamins & Folic Acid Advantages

- Natural, gluten-free, shelf-stable, vegan, kosher.
- Each teaspoon contains 4g natural fiber, 50mg Vitamin B6, 375mcg B12 and 500mcg folic acid
- Clinically proven ingredients in one easy to use blend
- Potent prebiotic, fiber & B Vitamins in one supplement.



# Which FIBERrific products are right for me?

Any Fiberrific would be beneficial to everyone (including children, diabetics, hypoglycemics, the elderly, and the infirmed). Generally we have divided the Fiberrific products based on the specific conditions they excel at preventing & reversing:

	FIBERrific	FIBERrific +probiotic	FIBERrific +enzymes	FIBERrific +omega-3 DHA & EPA	FIBERrific +vitamin D	FIBERrific +B vitamins & folic acid
Alzheimer's Disease				✓	✓	✓
ADD / ADHD				✓		✓
Autism				✓		✓
Birth Defects						✓
Blood Pressure (elevated)		✓		✓		✓
Calcium Deficiency	✓				✓	
Cancer					✓	✓
Candidiasis		✓				✓
Cardiovascular disease		✓		✓		✓
Celiac Disease (Sprue)		✓	✓			
Cholesterol (elevated)		✓		✓		✓
Colds		✓				✓
Colitis	✓		✓			
Constipation	✓	✓	✓			
Crohn's Disease	✓	✓	✓			
Depression				✓	✓	
Detoxification	✓	✓	✓			✓
Diabetes		✓	✓			
Diarrhoea	✓	✓	✓			
Digestive Disorders		✓	✓			
Eye Health				✓		✓
Heart Disease		✓		✓		✓
Homocysteine (elevated)						✓
Indigestion	✓	✓	✓			
Infections						
Influenza (flu)		✓		✓		✓
Iron Deficiency	✓		✓			
Irritable Bowel Syndrome (IBS)	✓	✓	✓			
Lactose Intolerance	✓		✓			
Magnesium Deficiency	✓	✓	✓		✓	
Memory Issues	✓			✓		✓
Menstrual Pain	✓	✓		✓		✓
Mineral Absorption	✓	✓	✓			
Osteoporosis	✓	✓	✓			
Parasitic Infection (Parasites)	✓	✓	✓			
Rheumatoid Arthritis		✓		✓		✓
Seasonal Affective Disorder (SAD)				✓	✓	
Skin Conditions		✓		✓		
Stamina (lack of)				✓		✓
Yeast Infections	✓	✓				✓
Weight Maintenance	✓		✓	✓		✓

### **FIBERrific - Nutritional Value Per teaspoon**

Fat:	0mg
Cholesterol:	0mg
Sodium:	0mg
Potassium:	0mg
Sugars:	0mg
Vitamins:	0mg
Minerals:	0mg
Fiber:	4.5g
Calories:	6.75
Carbohydrates:	4.5g (Raw)
Carbohydrates:	0g (Net impact*)
100% Vegan, Certified Kosher & Parve	

### **FIBERrific +probiotic**

#### **Nutritional Value Per teaspoon**

Fat:	0mg
Cholesterol:	0mg
Sodium:	0mg
Potassium:	0mg
Sugars:	0mg
Vitamins:	0mg
Minerals:	0mg
Fiber:	4.5g
Calories:	6.75
Carbohydrates:	4.5g (Raw)
Carbohydrates:	0g (Net impact*)
100% Vegan, Certified Kosher & Parve	

### **FIBERrific +enzymes**

#### **Nutritional Value Per teaspoon**

Fat:	0mg
Cholesterol:	0mg
Sodium:	0mg
Potassium:	0mg
Sugars:	0mg
Vitamins:	0mg
Minerals:	0mg
Fiber:	4.5g
Calories:	6.75
Carbohydrates:	4.5g (Raw)
Carbohydrates:	0g (Net impact*)
100% Vegan, Certified Kosher & Parve	

\* Net Impact Carbohydrates are defined as carbohydrates which are absorbed through digestion and have a negative impact on blood sugar values and insulin levels. As none of the carbohydrates in Fiberrific are absorbed, there are no net impact carbohydrates.

### **FIBERrific + omega-3 DHA & EPA**

#### **Nutritional Value Per teaspoon**

Fat:	100mg
Cholesterol:	0mg
Sodium:	0mg
Potassium:	0mg
Sugars:	0mg
Vitamins:	0mg
Minerals:	0mg
Fiber:	2g
Calories:	3
Carbohydrates:	2g (Raw)
Carbohydrates:	0g (Net impact*)
100% Natural	

### **FIBERrific +Vitamin D**

#### **Nutritional Value Per teaspoon**

Fat:	0mg
Cholesterol:	0mg
Sodium:	0mg
Potassium:	0mg
Sugars:	0mg
Vitamin D3 (cholecalciferol):	1000IU
Minerals:	0mg
Fiber:	4.5g
Calories:	6.75
Carbohydrates:	4.5g (Raw)
Carbohydrates:	0g (Net impact*)
100% Vegan, Certified Kosher & Parve	

### **FIBERrific +B Vitamins & Folic Acid**

#### **Nutritional Value Per teaspoon**

Fat:	0mg
Cholesterol:	0mg
Sodium:	0mg
Potassium:	0mg
Sugars:	0mg
Vitamin B6 (Pyridoxine Hydrochloride):	50mg
Vitamin B12 (Cyanocobalamin):	375mcg
Folic Acid:	50mcg
Minerals:	0mg
Fiber:	4.5g
Calories:	6.75
Carbohydrates:	4.5g (Raw)
Carbohydrates:	0g (Net impact*)
100% Vegan, Certified Kosher & Parve	

## FIBERrific & Protein

All of the FIBERrific products are the perfect partners for protein. If you replace meals with protein drinks, diet drinks, protein bars or diet bars you are missing a high percentage of the fiber your body so desperately needs. In addition to the added boost in fiber, the FIBERrific products also significantly increase your absorption of protein.

All of the FIBERrific products keep your digestive system functioning optimally. When you are lacking in fiber, your digestive system becomes sluggish, and is unable to absorb nutrients from your food. This is particularly harmful for dieters and athletes, as they need all available nutrients (including protein) for energy, stamina and mental alertness. Ideally you should add any of the FIBERrific products to any protein or diet drink or add to water when eating a protein or diet bar to combat the results of a low fiber diet.

### How much FIBERrific should I take?

In some people high-fiber diets may cause temporary gas (without pain or bloating), but these symptoms often go away within a few weeks as your body adjusts to the increase in fiber.

Most people have an exceptionally low fiber intake. On average as low as 4.5g daily. If their intake of fiber rises, it may cause gas. For this reason, we recommend starting slowly and gradually, over the course of several weeks, increasing your use of FIBERrific until you reach your desired fiber level. This allows your body to easily adapt and minimize the potential for increased gas.

All FIBERrific products are dosed the same way.

When you initially start taking FIBERrific, start off slowly in order to let your body adjust to the increased fiber in your diet. Gradually over the course of several weeks, increase your use of FIBERrific until you reach your desired fiber level.

- Week 1: 1/4 desired FIBERrific dose.
- Week 2: 1/2 desired FIBERrific dose.
- Week 3: 3/4 desired FIBERrific dose.
- Week 4: Full desired FIBERrific dose.

## FIBERrific & Minerals

Most dietary fibre and fibre supplements have been found to reduce mineral absorption rates. Not only are magnesium and zinc affected, most supplements also have a pronounced effect on calcium absorption. It is for this reason that many, especially middle-aged women, are suspicious of high fibre diets and fibre supplements and prefer to sacrifice the health benefits of fibre for those of calcium and other minerals.

FIBERrific eliminates the need to choose - it actually improves the absorption of minerals, particularly calcium and magnesium. Once ingested, FIBERrific is fermented in the colon to produce short chain fatty acids. These acids lower the pH in the colon, which helps keep valuable nutritional minerals in bioavailable solutions longer. Less are lost to excretion.

FIBERrific also increases the colon's concentration of volatile fatty acids and bile acids. These are believed to contribute to increased mineral absorption as well. And fermentation of FIBERrific stimulates the body's production of vitamin K, which is essential for bone growth and repair.

Numerous studies have shown that FIBERrific's fiber has a profound beneficial impact on mineral absorption and bone density. A recent study involving teenage girls found that FIBERrific's fiber increased calcium absorption by 18%! This increased absorption of calcium has a measurable effect on bone density throughout all life stages. Clinical trials show long term use of FIBERrific's fiber can not only prevent loss of bone mass, but also loss of calcium and phosphorous.

These findings can have a dramatic impact on osteoporosis prevention and treatment. With FIBERrific, you can begin to build strong teeth and bones during your pre-teenage years and maintain them for life - without fear of osteoporosis.