

## Fiberrific vs. Psyllium Fibre Products

Great Questions:	<b>Fiberrific</b>	Leading powder	Leading capsule	Leading wafer
Percentage actual fibre?	<b>Over 97%</b>	Less than 5%	Less than 5%	Less than 5%
Recommended Dose?	<b>1 teaspoon (4.5 g)</b>	1 well rounded teaspoon (5.8g)	6 capsules	2 wafers
Fibre content of Recommended Dose?	<b>4.5 g</b>	0.29 g	0.15 g	0.17 g
Dose required to obtain 4.5 grams fibre?	<b>1 teaspoon (4.5g)</b>	15 well rounded teaspoons (87g)	180 capsules	53 wafers
Net Impact Carbs?	<b>0.0 g / teaspoon</b>	0 - 9.6 g / teaspoon	0.0 g / capsule	5.5 g / wafer
Does it contain sweeteners?	<b>No</b>	Yes	No	No
Does it Thicken?	<b>No</b>	Yes	Yes	Yes
Is it Messy?	<b>No</b>	Yes	No	No
Does it have a gritty texture?	<b>No</b>	Yes	No	No
Can it cause choking?	<b>No</b>	Yes	Yes	Yes
Can it cause constipation?	<b>No</b>	Yes	Yes	Yes
Does it Resolve constipation?	<b>Yes</b>	No	No	No
Does it have a zero glycemic index?	<b>Yes</b>	No	No	No
Does it contain sodium (salt)?	<b>No</b>	Yes	Yes	Yes
Does it contain gluten?	<b>No</b>	No	No	Yes
Can it dissolve in any liquid?	<b>Yes</b>	No	No	No
Does it have a flavour?	<b>None</b>	Has Flavour	Has Flavour	Has Flavour
Does it have a texture?	<b>None</b>	Has Texture	No	No
Can be used in cooking?	<b>Yes</b>	No	No	No
Can it be added to soft foods?	<b>Yes</b>	No	No	No
Does it decrease mineral absorption?	<b>No</b>	Yes	Yes	Yes
Does it increase mineral absorption?	<b>Yes</b>	No	No	No
Does it enhance digestion of food?	<b>Yes</b>	No	No	No
Can it lower cholesterol & triglycerides?	<b>Yes</b>	No	No	No
Does it balance blood sugar?	<b>Yes</b>	No	No	No
Does it promote bone & teeth health?	<b>Yes</b>	No	No	No
Does it protect against harmful bacteria?	<b>Yes</b>	No	No	No