

**Herbal Fiberblend's** main source of fiber is **psyllium**, providing both types of fiber:

**Soluble fiber** becomes gel-like, slowing both digestion and the absorption of blood sugar.

**Insoluble fiber** bulks up stool, providing an intestinal-wall scrubber.



**The herbal blend includes:**

**Violet leaves** that contain unique compounds known as cyclotides, which help to expel parasites

**Capsicum**, aka cayenne pepper, that provides an inflammation-inhibiting neuropeptide called capsaicin

**Several herbs** that have a laxative effect to promote regular bowel movements



## How Many Times Should You Go?

The most recent study suggests that the “normal” number of bowel movements ranges from 3 per day to at least 3 per week.<sup>1</sup> Going once a day at a usual time may be your normal. The healthy key is to be regularly eliminating waste from your body to keep the intestinal tract clean and toxin-free.

## Fiber Intake: Hit or Miss

Even though fiber is a fundamental nutrient for maintaining good health, most people miss the recommended intake by a long shot. Instead of the 21 to 38 grams daily—depending on age and gender—the average fiber intake is between 10 – 15 grams.<sup>2</sup> Taking Herbal Fiberblend helps to hit the targeted amount so that you don't miss out on the essential health benefits of fiber.



<sup>1</sup>[bit.ly/BM-Frequency](https://bit.ly/BM-Frequency)

<sup>2</sup>[bit.ly/F-Intake](https://bit.ly/F-Intake)

# Benefits of Cleansing Your Digestive Tract

- Improves Energy
- Improves Mood
- Helps with Weight Loss
- Improves Overall Health
- Increases the Body's Ability to Absorb Nutrients
- Maintains Regularity



Labels and formula may vary in each country.

## How Passion Flower Aids Digestion

Stress can disrupt gut motility. Someone who feels rushed or anxious may not be pushing properly during those delicate moments alone, leading to trouble with constipation. Passionflower has been shown to relieve stress, thus helping the body to perform properly in those cases. Passionflower works synergistically with the other herbs in Herbal Fiberblend to provide great results.



Most **women and adolescent girls** should get about **25 grams** of total fiber — soluble and insoluble combined.



**Women aged 50 and older** should get **21 grams**.

Most **men and teenage boys** need **38 grams** of fiber daily.



**Men aged 50 and older** should get about **30 grams**.



Children **four to eight years old** should get **25 grams** a day.



Toddlers **one to three years old** should get **19 grams**.

# Herbal Fiberblend

## a natural, cleansing formula

### **Ingredient** and **Properties**

**Alfalfa**, aerial parts • *Anti-inflammatory*

**Black Walnut**, hulls • *Anti-inflammatory*

**Capsicum**, fruit • *Anti-inflammatory*

**Cascara Sagrada**, fruit • *Peristaltic* • *Laxative*

**Irish Moss**, dried thallus • *Anti-inflammatory*

• *Laxative*

**Licorice**, root • *Anti-inflammatory*

**Marshmallow**, root • *Anti-inflammatory*

• *Vermifuge* (expels intestinal worms) • *Laxative*

**Mullein**, leaves • *Diuretic* • *Anti-inflammatory*

**Oatstraw**, straw • *Diuretic* • *Anti-inflammatory*

**Passion Flower**, aerial parts • *Digestive*

• *Anti-inflammatory*

**Pumpkin**, seed • *Vermifuge* • *Antioxidant*

• *Diuretic* • *Anti-inflammatory*

**Psyllium**, seed husk • *Peristaltic*

• *Laxative*

**Rose Hips**, fruit • *Anti-inflammatory*

• *Antioxidant* • *Vermifuge*

**Senna** (capsules only), leaves

• *Laxative*

**Shavegrass**, leaves • *Antioxidant*

**Slippery Elm**, bark • *Antioxidant*

• *Vermifuge* • *Laxative*

**Hibiscus**, flower • *Peristaltic* • *Laxative*

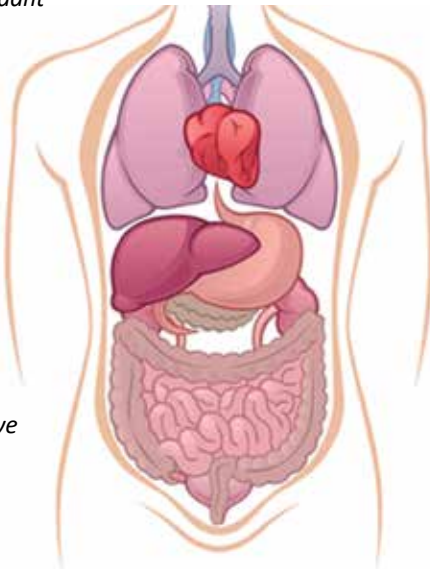
**Violet**, leaves • *Anti-inflammatory*

• *Vermifuge* • *Laxative*

**Witch Hazel**, leaves • *Antioxidant*

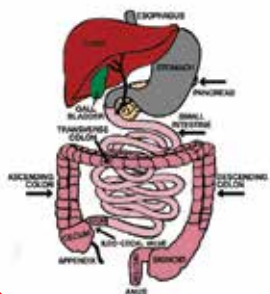
• *Anti-inflammatory*

**Yucca**, root • *Laxative*





**“In view of the fact** that [average] dietary fiber intake in the United States is currently only 15 grams per day (approximately half the American Heart Association recommendation of 25-30 grams per day), efforts to increase dietary fiber in individuals consuming less than 25 grams per day may help to **decrease the currently high national prevalence of obesity.**” —Nutrition Review



## Food traveling the digestive system

It takes three days for food to travel through the body of a healthy adult. It takes ten days if you're constipated, and two weeks if you're elderly. The longer it takes for food to pass through the bowel, the greater your risk for developing digestive ailments.

**Hippocrates**, considered by many to be the “**Father of Medicine**,” argued that people should eat bran to keep their intestines healthy.

This was in the fourth century B.C!



### Cascara sagrada:

A deciduous tree native to the Pacific Northwest that can be found in forests ranging from northern California to British Columbia. The bark is aged and then ground into a powder before used in commercial blends. Cascara sagrada has been tested in a number of clinical trials for its value in thorough, yet gentle cleansing of the colon.

## What Causes Constipation?

Not going when you feel the urge

Not enough fluids

Change in routine

Mental stress

Some medications

Lack of fiber

