



Fiber Facts

Soluble Fiber:

Absorbs water and bulks the stool to allow less straining with elimination of stool. Promotes intestinal health by increasing bowel motility and transit with less contraction and spasm of the colon. There is research suggesting that increased dietary soluble fiber can decrease the incidence of colon cancer, lower cholesterol, improve diabetes, and aid weight control.

Sources: **Psyllium**, Oatmeal and oat bran, legumes (beans, peas, lentils), fruits and vegetables (prunes)

Other uses: treatment of constipation, hemorrhoids, diverticulosis, irritable bowel syndrome.

Insoluble Fiber:

Minimal water absorption and less effective as a stool bulking agent. Although less effective than soluble fiber, it remains an important part of the diet for improving transit time necessary to move stool through the colon.

Sources: Whole grains (wheat bran, whole grain breads), fruits and vegetables with edible skins and seeds (apples, pears, strawberries, tomatoes)

DAILY RECOMMENDED FIBER ALLOWANCE

The National Cancer Institute recommends 25-35 grams per day, the equivalent of 9-13 apples per day or 12 bowls of raisin bran or 12-16 slices of whole wheat bread. Most Americans eat only 10-15 grams of fiber per day. Therefore, fiber supplementation is an excellent way to add additional fiber to the diet, especially with psyllium.

PSYLLIUM:

Natural grain with a husk that is a rich source of natural **soluble** fiber.

Take daily, 1-3 times per day per container instructions.

Possible side effects: bloating, flatulence (gas), abdominal cramping that will generally resolve with daily use over 1-2 weeks as the body adjusts to the increased fiber.