



**Do you want better control of your body weight?**

**Do you ever wish you had more energy throughout the day?**

**Do you worry about having high cholesterol or a predisposition to diabetes?**

Weight control is at the forefront of discussions in the global medical and scientific communities which have identified obesity as a pandemic that will cripple health systems worldwide with related illnesses like diabetes and heart disease. There are now over 1 billion overweight adults in the world, exceeding those considered malnourished, which number 600 million.

Fiber is the 'miracle' nutrient celebrated by the worldwide scientific and medical communities for its vast health benefits. As it helps to address the issues of obesity and weight control, fiber may help reduce the onset of both diabetes and cardiovascular disease. Recently, two different studies<sup>1,2</sup> reported that a high dietary fiber intake could reduce levels of C-reactive protein (CRP). Increased levels of CRP have been found to increase the risk of both adult-onset type 2 diabetes and cardiovascular disease.

Foods that are generally high in fiber include fruits, vegetables, nuts and whole grain products. Typically, health authorities agree that we should be consuming a minimum of 30 g of total fiber per day. However, due to the increasing intake of overprocessed convenience foods, we are generally consuming less than half this amount.

For this reason, Lifestyles is introducing FiberLife, a revolutionary fiber blend designed to combat the worldwide trend toward obesity by supplementing dietary fiber.

**"FiberLife has resulted from years of intensive research and laboratory testing. This unique and effective supplement can help people enjoy the benefits of increased dietary fiber and help them to better manage their body weight"**, announced Paul Kramer, R.N.C.P., Vice President of International Product Research and Development at Lifestyles and author of international best-seller *Fighting Body Pollution*.

Formulated with a proprietary blend of three types of healthy soluble fiber, FiberLife contains ingredients that have been shown in numerous scientific studies to:

- Help you maintain a healthy body weight by creating a feeling of fullness which minimizes overeating
- Help regulate your blood sugar by lowering the Glycemic Index (GI) of a meal and slowing the digestion of food to stabilize energy levels
- Help you lower high cholesterol levels and eliminate toxins from the body by promoting a healthy gastro-intestinal tract

At Lifestyles we strive to stay one step ahead when it comes to understanding effective nutritional supplements and healthy eating habits. We are proud to offer our customers premium quality, natural source fiber solutions that will help them look and feel their very best.

1 Ma Y, Griffith JA, Chasan-Taber L, Olendzki BC, Jackson E, Stanek EJ 3rd, Li W, Pagoto SL, Hafner AR, Ockene IS. Association between dietary fiber and serum C-reactive protein. *Am J Clin Nutr*. 2006 Apr;83(4):760-6.

2 Qi L, van Dam RM, Liu S, Franz M, Mantzoros C, Hu FB. Whole-grain, bran, and cereal fiber intakes and markers of systemic inflammation in diabetic women. *Diabetes Care*. 2006 Feb;29(2):207-11.

# FIBERLife™

## Q & A

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Lifestyles Singapore

Worldwide medical and scientific communities have identified fiber as a key nutrient that may assist in reducing the risk of heart disease, diabetes and certain types of cancers by helping to:

- Reduce weight and maintain healthy weight
- Regulate blood sugar levels
- Regulate digestive tract and eliminate body toxins

FiberLife from Lifestyles is a revolutionary and proprietary soluble fiber blend designed to combat the worldwide 'obesity pandemic'. It was developed by the Lifestyles Research and Development department in partnership with scientific experts and research laboratories. Each batch is fully tested and standardized by our laboratory for quality, potency and viscosity. It contains no artificial preservatives, sweeteners, starches or wheat.

### The key ingredients in FiberLife and what they do:

Key Ingredients/Features	Benefits
Konjac Glucomannan is a soluble fiber from root of konjac plant (Amorphophallus konjac)	Studies show it can improve blood sugar control, aid in appetite control, lower blood pressure, and lower cholesterol
Guar Gum & Xanthan Gum work well together to enhance the viscosity and binding capabilities within the digestive system	Studies have found these gums effective in controlling appetite and enhancing digestive function, reducing cholesterol, improving blood sugar
Cinnamon extract	Provides added support in regulating blood sugar levels

### Key benefits of achieving healthy body weight:

- Reduced risk of heart disease
- Reduced risk of diabetes
- Lower cholesterol
- Stabilized blood sugar levels

**Packaging:** 60 capsules in a safety-sealed bottle. Each capsule contains a total of 500 mg of soluble fiber from natural sources.

**Directions for Use:** 1 to 2 capsules prior to meals up to 3 times per day, everyday, with 250 mL to 500 mL of water consumed with each capsule. Consume at least a total of 3 L of water/fluids per day.

### Q. What is FiberLife?

A. FiberLife is a proprietary, highly viscous soluble fiber blend from Lifestyles that supplements the body's dietary deficiency of fiber.

### Q. How does FiberLife work?

A. Once ingested with plenty of water, FiberLife forms a gel-like complex of natural fibers. In fact, FiberLife has the greatest viscosity (gelling capacity) of any dietary fiber. This complex slows down the digestion of food, reduces the absorption of sugar and calories, and creates a sense of fullness without impacting your energy levels.

### Q. What is viscosity?

A. Viscosity is a measure of the thickness of a liquid substance. When evaluating soluble fiber, it is the viscosity of the gel that forms when mixed with water that provides therapeutic value.

### Q. What are the primary benefits of FiberLife?

A. The key benefits of FiberLife ingredients are:

- it can help regulate your appetite to help you achieve and maintain a healthy weight
- it can help regulate your energy levels by lowering the Glycemic Index of a meal to stabilize the release of sugars into your blood stream
- it can help to lower your cholesterol level and eliminate body toxins

### Q. What is the Glycemic Index (GI)?

A. The Glycemic Index (GI) is a measure of how certain foods affect your blood sugar levels.

### Q. Why is the Glycemic Index (GI) important?

A. High-GI foods, such as fast and processed foods, are rapidly digested and cause sharp spikes in your blood sugar levels. This can damage your health and also contribute to weight gain, as you will soon be hungry and low on energy. Conversely, low-GI foods are slowly digested, causing a gradual and sustained increase in your blood sugar level.

Glycemic response in healthy adults



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### Q. How does FiberLife help with the Glycemic Index?

A. FiberLife helps lower the overall Glycemic Index of a meal, thus ensuring that food is more slowly digested and blood sugar levels are regulated.

### Q. What other benefits can you expect from using FiberLife?

A. Since the ingredients in FiberLife can help you reduce and control your weight, you may experience the many related health benefits that come with lower body weight.

### Q. What research exists to support the benefits of FiberLife?

A. There are countless clinical trials published in peer-reviewed journals that prove soluble fiber's varied health benefits. Please speak with your Distributor or visit [www.lifestyles.net](http://www.lifestyles.net) for more information.

### Q. If I don't need to lose weight, do I still need FiberLife?

A. Yes, since FiberLife helps to address the dietary deficiency for fiber. According to health authorities, adults should be consuming at least 30 g of fiber each day; however, a majority of people consume less than half that amount through regular diet alone.

### Q. What is soluble fiber?

A. Soluble fiber dissolves and thickens in water. Soluble fiber is probably best known for its cholesterol-lowering effect. Soluble fiber is made up of sticky substances like gums and pectin, which form a gel-like substance in the presence of liquid. Cholesterol that is stored in the blood is used to produce bile acids; and therefore, as the gel binds the cholesterol and bile acids in the small intestine, it is eliminated from our body with regular bowel movements. This action of gelling and binding is also responsible for soluble fiber's ability to promote a feeling of fullness.

In contrast, insoluble fiber is the "roughage" in our diet that helps promote a healthy digestive system.

### Q. Why is FiberLife so potent?

A. FiberLife is a blend of naturally-occurring water-soluble fibers that together can absorb hundreds of times their weight in water. FiberLife's blend has a water-binding capacity that is many times greater than glucomannan alone and tenfold greater than other soluble fibers such as psyllium, flax seeds, or guar gum. It's FiberLife's unique blend of specific fibers in specific ratios that make FiberLife so potent. This means that smaller doses of FiberLife can have greater beneficial health effects than other fibers, as well as supporting safe, sustainable weight loss – in other words, a small amount of FiberLife is equivalent to a large of other fibers.

### Q. What are the directions for using FiberLife?

A. Take 1 to 2 capsules prior to each meal with 250 - 500 mL of water with each capsule, up to 3 times per day. Make sure you consume in total at least 3 L of water per day.

### Q. How should I incorporate FiberLife into my lifestyle?

A. Whenever increasing fiber intake, it is important to start slowly and increase as your body adjusts. Begin by taking 1 capsule daily with 250 - 500 mL of water. After a few days, take 1 capsule twice daily, each with 250 - 500 mL of water. Continue to add 1 capsule every few days until you reach the recommended dose or a dose your body is comfortable with.

### Q. Can children take FiberLife?

A. Fiber is essential for children's health as well. However, due to its high potency and powerful gelling capacity, it is recommended that only children 13 years of age and older take FiberLife. Thirteen is the age individuals are considered adult from a nutrition point-of-view.

### Q. Do I need to take FiberLife every day?

A. For best results, it is essential that FiberLife be taken consistently on a daily basis.

### Q. Why is drinking water so important?

A. Since FiberLife absorbs many times its own weight in water, not enough water will cause FiberLife to become so viscous that it is essentially a hard ball in our digestive tract. This can lead to constipation. However, with plenty of water, a nice smooth gel forms, which does the opposite – eases constipation and promotes bowel regularity.

### Q. How does FiberLife interact with prescription/non-prescription drugs and other supplements?

A. If you take any medications and/or supplements, it is recommended that you take them at least one hour before taking FiberLife. This will help ensure that both your medication and FiberLife can work effectively.

### Q. Are there any side-effects when taking FiberLife?

A. For normal people who are following the directions for use, there should not be any side-effects. However, as with any soluble fiber product, if insufficient amounts of water are taken, constipation may result. Also, for those who currently lack fiber in their diet, fiber should be added slowly or else some gastrointestinal discomfort (such as gas and bloating) may result.





**Here is a partial list of available research and clinical trial results on the benefits of fiber and the ingredients found in FiberLife:**

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"These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease"

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