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From the desk of



www.lifestyles.net



FibreLife™ Q & A

What is FibreLife?

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

How does FibreLife work?

Once ingested with plenty of water, FibreLife forms a gel-like complex of natural Fibres. In fact, FibreLife has the greatest viscosity (gelling capacity) of any dietary Fibre. 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.

What are the primary benefits of FibreLife?

The key benefits of FibreLife 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

If I don't need to lose weight, do I still need FibreLife?

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

What is soluble Fibre?

Soluble Fibre dissolves and thickens in water. Soluble Fibre is probably best known for its cholesterol-lowering effect. Soluble Fibre 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 Fibre's ability to promote

a feeling of fullness. In contrast, insoluble Fibre is the "roughage" in our diet that helps promote a healthy digestive system.

Why is FibreLife so potent?

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

What are the directions for using FibreLife?

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 3L of water per day.

Why is drinking water so important?

Since FibreLife absorbs many times its own weight in water, not enough water will cause FibreLife 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.



How should I incorporate FibreLife into my lifestyle?

Whenever increasing Fibre 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.

Can children take FibreLife?

Fibre 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 FibreLife. Thirteen is the age individuals are considered adult from a nutrition point-of-view.

How does FibreLife interact with prescription/ non-prescription drugs and other supplements?

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

Are there any side-effects when taking FibreLife?

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



Did you know... **FibreLife isn't just for weight loss!**

FibreLife can:

- Maintain and control a healthy body weight
- Control your appetite by creating a feeling of fullness
- Lower the number of calories your body absorbs from a meal
- Prevent carbohydrates from being stored in your body as fat