

# FIBERTONE®

Get your fiber fix! Our ultra-concentrated blend of soluble and insoluble fiber keeps your digestive system running smoothly while promoting healthy metabolism. Oat bran aids digestion with 50% more fiber than oatmeal, while psyllium seed and black sesame seed combine to cleanse your system, reduce your appetite, and help keep your cholesterol levels in check

## BENEFITS

- Convenient source of dietary fiber
- Supports digestion and the body's metabolic processes
- Promotes healthy metabolism
- Easy-to-swallow gel cap
- No added stimulants or artificial ingredients



Owner Expertise Formulation



Kosher Certified



Self-Manufactured in the USA



Halal Certified



Made with Natural Ingredients



NSF Certified



100 capsules

#2206127

## INGREDIENT HIGHLIGHTS

### OAT BRAN

Oat bran contains beta-glucan, a soluble fiber that has been linked to lowering cholesterol. The fiber in oat bran can help you feel fuller for longer, which reduces the number of overall calories one consumes in a given day. Oat bran also contains polyphenols—plant-based molecules that work as antioxidants to help reduce free radical cell damage.

### PSYLLIUM SEED

Psyllium seed contains soluble fiber, which means it can help increase fullness and slow digestion. It also contains insoluble fiber, which provides bulk and helps support regular bowel movements. Psyllium may also help lower cholesterol when used together with a diet low in cholesterol and saturated fat

### BLACK SESAME SEED

Rich in fiber and omega-3 fatty acids that improve bowel movement and ease constipation. The abundant source of macrominerals and microminerals helps in regulating healthy metabolism.

## INGREDIENTS

Oat bran, psyllium seed, black sesame seed, chinese figwort

## HOW TO USE

Take one to two capsules three times a day at meal time.

## FAQs

**Q: What are the health benefits of fiber?**

**A:** Fiber does more than just keep you regular. The rough stuff can also help lower cholesterol, keep your blood sugar stable, and make it easier to manage your weight. Fiber increases the feelings of fullness and therefore has been shown to support weight management.

**Q: Fibertone® contains both insoluble and soluble fiber; what are their respective benefits?**

**A:** Both soluble and insoluble fiber come from plants and are forms of carbohydrates. But unlike other carbs, fiber can't be broken down and absorbed by your digestive system. Soluble fiber absorbs the water in your food, which slows down digestion. Slowing digestion can help regulate blood sugar. Insoluble fiber adds bulk to the stool, which helps move it through your digestive system quickly to support regularity.



## NOURISH + CLEANSE = BALANCE

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.