Fiber Plus
Capsules/Powder

Product Rationale
Fiber Plus can be used by those wanting to include more fiber in their diets.

- Fiber Plus is a proprietary blend of dietary fibers from psyllium husk and powder, rice bran, apple pectin, fig and prune.
- It is very common for the American diet to be very low in fiber. The lack of proper fiber may lead to digestive and colon disorders, constipation, skin problems, eczema, psoriasis, and overall toxicity.
- Fiber Plus can also be used if a patient is taking a choleretic, or a cholagogue. A choleretic causes the liver to dump bile. Likewise, a cholagogue causes the gall bladder to dump bile. Fiber Plus acts as a bulking agent and sequesters the bile.

Ingredient Information

Psyllium Husk & Seed (organic):
- In constipated patients, psyllium was more effective than placebo or docusate at increasing stool output. Constipation symptoms (such as abdominal pain, defecation effort, painful defecation and evacuation completeness) were also improved by psyllium. None of these studies lasted for longer than eight weeks; however, clinical experience suggests that the therapeutic effect of psyllium can be maintained for a long time. Psyllium also improved global symptoms in Irritable bowel syndrome (IBS) patients.
- The efficacy of psyllium seed in IBS was determined during a randomized controlled trial. The proportion of responders was significantly greater in the psyllium group than in the placebo group during the first month and the second month of treatment. After three months of treatment, symptom severity in the psyllium group was reduced by 90 points, compared with 49 points in the placebo group.

Rice Bran:
- Stabilized rice bran and its fractions were fed for 60 days to insulin-dependent and noninsulin-dependent diabetes mellitus (IDDM = Type I and NIDDM = Type II) subjects to determine possible effects on serum hemoglobin, carbohydrate and lipid parameters. The Type I subjects (n = 22, 26, and 20) fed stabilized rice bran (10g/day), rice bran water soluble (10g/day), and rice bran fiber concentrates (10g/day) plus diet reduced glycosylated hemoglobin 1%, 11%, and 10%, respectively. The fasting serum glucose levels were also reduced significantly (P < 0.01) with stabilized rice bran (9%), rice bran water solubles (29%), and rice bran fiber concentrates (19%). The Type II subjects (n = 31, and 26) fed rice bran water solubles and rice bran fiber concentrates plus diet had decreased levels of glycosylated hemoglobin (15% and 11%) and fasting glucose (33% and 22%; P < 0.001), respectively. Serum total cholesterol, LDL-cholesterol, apolipoprotein B, and triglycerides levels were reduced with rice bran fiber concentrates in the Type I (10, 16, 10, 7%) and Type II groups (12, 15, 10, 8%), respectively.

Supplement Facts
Serving Size: 1 Capsule
Servings Per Container: 90 & 270

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<thead>
<tr>
<th>Ingredient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Psyllium Husk Powder</td>
<td>650 mg</td>
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<td>Psyllium Seed Powder</td>
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<td>Rice Bran</td>
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<td>Apple Pectin</td>
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<td>Fig</td>
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<td>Prune</td>
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* % Daily Value not established

Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose, Stearic Acid, and Silicon Dioxide.

Supplement Facts
Serving Size: 14.83 Grams (1 Scoop)
Servings Per Container: 30

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<tr>
<th>Ingredient</th>
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<tr>
<td>Organic Psyllium Husk Powder</td>
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<tr>
<td>Oryza® Whole Grain Brown Rice Sweetener</td>
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<tr>
<td>Psyllium Seed Powder</td>
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</tbody>
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* % Daily Value not established

Other Ingredients: Natural Flavors, Silicon Dioxide, and Stevia Leaf Extract. Oryza® Whole Grain Brown Rice Sweetener is a trademark of Axiom Foods.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. The information provided here is intended to help health care professionals make informed decisions about recommending this product safely and effectively.
These results indicate that rice bran water solubles significantly reduces hyperglycemia (P < 0.01), whereas rice bran fiber concentrates reduces hyperlipidemia (P < 0.05) in both types of diabetes.5

Apple Pectin:

- Pectin is a complex polysaccharide present in plant cell walls of apple, citrus etc. Meta-analysis of randomized controlled trials, where pectin was used as a dietary fiber showed that pectin significantly lowered total cholesterol (TC) and low density cholesterol (LDL-C) at 2.2–9 g/day. Results between studies were variable, and may reflect the different pectin types used, which was not described in the papers. Cholesterol-lowering properties of different pectin types was evaluated in mildly hypercholesterolemic men and women. Both citrus and apple pectin were effective in controlling LDL-C by 6-7% compared to control.6
- Liver cholesterol and triglyceride concentrations were lower in rats fed with apple pectin (PEC) diets. Fecal bile acid excretion was markedly reduced; whereas sterol excretion was significantly increased by dietary PEC. Rats fed the PEC diets also had lower apparent cholesterol absorption than controls [30 compared with 43%].7

Fig (Ficus carica):

- In a double-blind, randomized controlled study with 20 patients with functional constipation, supplementation with fig fruit increased the number of bowel movements [2.8 ± 1.0/ wk vs. 5.2 ± 2.0/ wk, P=0.004], reduced defecation time [11.4 ± 5.2 min vs. 5.6 ± 4.5 min, P=0.031] and improved abdominal pain [P= 0.016] and discomfort (P=0.047) for evacuation [P=0.008] and the sense of incomplete evacuation [P= 0.016]. Fig fruit supplementation improved most of the constipation symptoms in the patients suffering with functional constipation.8
- A review of pharmacognostic and phytochemical properties of Fig (Ficus carica) describes the laxative effect of fig fruits due to the bulk of seeds and fibers and other traditional uses.9

Prune (Prunus domestica):

- Prunes are dried plums, fruits of Prunus domestica L. and dried prunes contain 6.1 g of dietary fiber per 100g. Prunes contain large amounts of phenolic compounds (184 mg/100g), mainly as neochlorogenic and chlorogenic acids, which may aid in the laxative action and delay glucose absorption. Phenolic compounds in prunes had been found to inhibit human LDL oxidation in vitro, and thus might serve as preventive agents against chronic diseases, such as heart disease and cancer. Additionally, high potassium content of prunes [745 mg/100 g] might be beneficial for cardiovascular health.10
- Prunes taken at 50 g; two times a day (= 6 g fiber/d) were effective in treating constipation in 40 subjects enrolled in an 8-week, single-blind, randomized cross-over study. The number of complete spontaneous bowel movements per week and stool consistency scores, improved significantly with prunes, when compared to psyllium.11

Dose

As a dietary supplement, 4-8 capsules per day with atleast 8 oz of water or as recommended by your health care professional.

Contraindications, Adverse or Other Reactions

Class 3. Person’s with bowel obstruction or a disease that causes narrowing of the digestive tract should avoid psyllium, which is one of the ingredients in Fiber plus.

References: