

Active Fiber

Support your intestinal health with Active Fiber.

Natural fiber—found in fresh fruits, vegetables and whole grains—is essential for good health. Unfortunately, few of us get enough in our daily diets. That's because many of the processed foods we eat—such as those made with refined flour and sugar—have been stripped of their valuable fiber content.

Because so many people these days are living busy lives and eating on the run, most adults aren't getting the fiber they need. According to the American Heart Association, Americans eat about half the recommended amount of fiber—a mere 12 or 13 grams a day—when our bodies need all 20 to 30 grams.

Fiber helps lower blood cholesterol and can help reduce the risk of colon cancer, coronary heart disease and diabetes. Not only that, but foods that are high in fiber often provide the body with much needed nutrients.

Though good sources of fiber include fruits and vegetables, beans, lentils, brown rice, barley, bran, oatmeal, whole-wheat bread and wheat bran, another way to get the fiber you need is with Herbalife's Active Fiber. Each serving of this drink mix provides five grams of fiber.

Active Fiber is a convenient way to help ensure you get the full 20 to 30 grams of fiber daily that experts recommend. This unique powdered blend includes four dietary fibers with individual and synergistic actions that help promote regularity, support digestion and enhance overall health.

Unlike other fiber products, which may gel in liquid and be unpleasant to drink, Active Fiber dissolves (without a change in viscosity) in a matter of seconds. Because of its odorless, non-flavored formula, it can easily be incorporated into your favorite Herbalife shakes. Make Active Fiber a part of your daily nutritional routine and enjoy the benefits of improved intestinal health.

Discussion Points

- Fully soluble: Active Fiber mixes easily and conveniently into your hot or cold Herbalife beverages.
- A healthier intestinal flora: Includes prebiotic fibers that help promote the growth of helpful bacteria in the intestines.
- Supports weight management: Helps create a feeling of fullness which can be helpful as part of a weight-loss program.
- Combine with other products: Active Fiber can be used in conjunction with the Thermojetics® Weight-Management Programs and Herbalife's entire line of nutritional products.

Did You Know?

A diet deficient in fiber has been linked with several health conditions including constipation, increased risk of colon cancer, diverticulosis, diabetes, high cholesterol and obesity.

Fast Facts

- Promotes regularity.
- Contains no cholesterol and no fat.
- Odorless, non-flavored formula.
- One and a half teaspoons of Active Fiber provides 5 grams of top-quality dietary fiber.
- Non-allergenic formula suitable for sensitive systems.
- Helps restore intestinal flora after antibiotic use.
- Contains four synergistic dietary fibers: Arabinogalactan (from the Western Larch tree), Fibersol-2 (derived from corn), Fructooligosaccharides (also from corn) and hydrolyzed guar gum.
- May be added to hot or cold drinks or sprinkled over cereal and oatmeal.
- All-natural ingredients.



SUPPLEMENT FACTS

Serving Size: 1 1/2 teaspoons (6 g)
Servings per container: 35

	Amount Per Serving		
Calories		9	
Calories from Fat		0	
	% Daily Value*		
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	12 mg	<1%	
Potassium	85 mg	2%	
Total Carbohydrate	6 g	2%	
Dietary Fiber	5 g	20%	
Sugars	0 g	0%	
Protein	0 g	0%	
Vitamin A		0%	
Vitamin C		0%	
Calcium		0%	
Iron		0%	
	Calories	2,000	2,500
Total Fat	Less Than	65 g	80 g
Sat. Fat	Less Than	20 g	25 g
Cholesterol	Less Than	300 mg	300 mg
Sodium	Less Than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g
Calories per gram:	Fat 9	Carbohydrates 4	Protein 4

* Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Arabinogalactan, Maltodextrin, Hydrolyzed Guar Gum, Fructooligosaccharides, Silicon Dioxide and Glycerine.

Directions: Mix Active Fiber powder with Herbalife® shakes, drink mixes, Herbal Aloe Drink, Thermojetics® teas or water. Herbalife® Active Fiber Drink Mix is not intended to be taken dry and should be mixed in a liquid. Fiber is an important part of a proper diet and is abundant in many fresh fruits, vegetables, and whole grains. Yet, Western diets generally provide approximately 10 grams of fiber per day. Increasing fiber intake to 20-30 grams per day is desirable.

Herbalife® Active Fiber is a proprietary formula that is a unique blend of four dietary fibers with different but synergistic actions that combine to support intestinal health for people who lack sufficient fiber in their diets.

These fibers have been shown to promote intestinal regularity, support the growth of good bacteria, promote regular bowel function and aid the process of digestion.

Herbalife® Active Fiber Powder is fully soluble, high in fiber, non-gelling, non-allergenic, and contains prebiotic fibers which promote the growth of good bacteria in the intestines. It is easy to mix into any of your favorite Herbalife® beverages and has a very mild flavor.

Order at www.weightlossline.com

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