

# AVINI +FIBER

## Much More than Just a Digestive Aid



**When most people think about fiber supplementation, they only think about digestive motility and going to the bathroom. This is a very narrow understanding of what fiber is, where we get fiber in our diet and the amazing benefits of a high fiber diet from multiple sources.**

Fiber encompasses an array of substances indigestible by the human intestine; whereas proteins, fats and carbohydrates are usually digested easily and almost entirely absorbed in the small intestine. Dietary fiber consists of 'insoluble' and 'soluble' components. It's important to note that, in this case, solubility denotes the fiber's ability to be soluble in acid – not water. This means that the fiber can be at least partially broken down in stomach acid.

We get fiber from fruits, vegetables, nuts and beans (legumes), as well as from grains. Different fibers do different things and may aid the body in many different ways. Insoluble fiber is found in fruits, vegetables and some nuts and beans. It forms the tough, chewy texture of foods like wheat kernels, nuts and popcorn and is found mainly in the cell walls in the form of strands that give support to plant tissue. Insoluble fiber adds bulk to the stool and may aid in overall digestive health and





digestive motility. Insoluble fiber can also act like a scrub brush, cleaning the intestinal tract as it moves along. Soluble fibers are found in grains and legumes and give the mushy texture to certain cereals. Soluble fibers can draw water to themselves (hydrophilic). They can also form jelly-like masses that act partially as solids. Soluble fibers help reduce bowel transit time and have a lubricating effect on the intestine. Additionally, soluble fibers may help reduce cholesterol levels by preventing the reabsorption of bile acids from the small intestine. To replace the lost bile acids, cholesterol is drawn from the body, thereby reducing its cholesterol supply. In a further mechanism of cholesterol reduction, the fermentation process in the intestine produces short-chain fatty acids that can block the body's synthesis of cholesterol. There is also evidence to suggest that soluble fibers may help slow the absorption of glucose in the gastrointestinal system. Avini's Plus Fiber is a special fiber complex of Fibersol (digestion-resistant maltodextrins), oat fiber, apple fiber, carrot fiber, Fructo-Oligosaccharide (Inulin from chicory) and guar gum. The product also contains sodium bicarbonate and Detoxolite (micronized and activated zeolite), is naturally flavored with orange powder and naturally sweetened with monkfruit.

Taking Avini Plus Fiber about 15 minutes before meals will yield the best benefits. The fiber will go into the stomach, where it forms a gel fiber matrix. This can help curb your appetite by giving you a pleasant, full feeling. As you eat your meal, your food will move into your intestinal tract at the same

time as the gel fiber matrix. Bile salts and bile acids are produced by the liver and help in the digestion of your food. Normally, those bile products are reabsorbed from the digestive tract, where they go into the liver and are used in the production of new cholesterol. When the gel fiber matrix is in your digestive tract, it can trap those bile products (bile acid sequestration). This prevents the reabsorption of the bile products and thereby prevents the creation of new cholesterol. Food will also move into and out of the gel fiber matrix, but will not be trapped. This whole process delays the absorption of your food (delayed gastric emptying). This means that your food is absorbed slower over a longer period of time. This has the effect of providing higher nutrient value from your meal and prevents spikes in blood sugar levels. Over time, this will help stabilize blood sugar and has been shown clinically to reduce HbA1c, which is a measure of your average blood sugar levels over a three-month period. The inulin fiber in the product acts as a potent prebiotic. This feeds healthy microbes in the digestive tract to balance intestinal flora. This greatly prevents any gas or bloating that many people experience when using fiber products. Adding sodium bicarbonate aids in making the gel fiber matrix larger, increasing its ability to trap bile products. This is also the ONLY fiber product in the world that contains our Detoxolite micronized and activated zeolite. The Detoxolite further aids in improving the health of the digestive tract by removing toxins and heavy metals. It also acts as a nutritional enabler by removing toxins that compete for absorption with healthy compounds and minerals.

**Avini Plus Fiber is, by far, the best fiber supplement on the market. Healthy digestive function, lower cholesterol, appetite control, stabilized blood sugar, removed toxins and improved cardiovascular health, all in a delicious zero-calorie drink. ENJOY!**

