

THE SCIENCE BEHIND USANA FIBERGY® PLUS

Make Your Body Regular, Make Your Body Right With Fibergy Plus

Fibergy Plus is a flavourless fibre blend that can be added to juice or USANA's **Nutrimeal™** and contains 6 grams of dietary fibre per serving. It is essential to consume dietary fibre on a regular basis as different types of fibre play specific roles in the digestive process and have long-term effects on the overall health of your body.

Digestive Health

Digestive health lies at the core of our overall health. A healthy digestive system helps our body efficiently break down many of the nutrients we consume into forms that are easily absorbed, maximizing the benefits of vitamins, minerals, and antioxidants and defending against nutritional deficiencies. Healthy digestion is also important for normal bowel regularity—another critical component of good health.

Healthy Bacteria

Some bacteria are good for your body. Inulin is a prebiotic—a non-digestible food ingredient that stimulates the growth and/or activity of bacteria in the digestive system, which is beneficial to the health of the body. Inulin is a special type of fibre that serves as fertilizer for healthy bacteria in the digestive system. These healthy bacteria assist the digestive tract in the absorption of nutrients and the breakdown of foods.

The large intestine contains up to 500 different types of bacteria, which contribute to a number of biological functions in the body. To maintain well-balanced flora in the large intestine, there must be more beneficial non-pathogenic bacteria. Therefore, it is essential to promote the growth of “good” bacteria.

Fibergy Plus: What Makes it Work?

- Psyllium helps sweep the GI tract to promote regularity.
- Inulin found in **Fibergy Plus** promotes the stimulation of healthy bacteria in the digestive system that assists in the absorption of nutrients and the breakdown of foods.

Fibergy Plus: What Makes it Better?

- **Fibergy Plus** and **USANA® Probiotic** work in a symbiotic relationship to maintain sufficient levels of healthy bacteria and support healthy digestion.
- **Fibergy Plus** aids in normal bowel regularity, which helps move wastes and toxins out of the colon quickly and efficiently.
- High fibre content leaves you feeling satisfied, making it easy to skip unhealthy snacks throughout the day.

Contact your local
USANA Associate
for more information.

