



# fiber — and so much more!

## balance, restore, revitalize

### The Fiber Fix

Fiber is one amazing multi-tasker. Whether your goal is weight loss, improved digestion or heart health, fiber does it all. Despite common knowledge of fiber's many benefits, 95% of Americans don't get the American Dietetic Association's recommended 21-35 grams per day.

Fortunately, FibRestore® provides 10 grams of soluble and insoluble fiber per serving. It's a simple solution for better health.

### No Ordinary Fiber

Did you know there are actually two types of fiber, each with different benefits? Your body needs both soluble and insoluble fiber. Unfortunately, most fiber supplements only provide insoluble fiber to act as a "bulking agent" in the gut. The soluble fiber in FibRestore provides added benefits you can't get from a typical fiber powder. With FibRestore, you can balance, restore and revitalize.

#### Soluble fiber:

- leads to less artery build-up by binding to cholesterol and inhibiting cholesterol production.
- helps control blood glucose by slowing carbohydrate digestion, which can help manage weight.

#### Insoluble fiber:

- reduces constipation, diverticulosis, and risk of colon cancer and other intestinal diseases by helping speed transit through the colon.
- promotes growth of probiotics, helpful bacteria that keep harmful bacteria in check, aid in digestion and keep you healthy.
- enhances weight loss by improving satiety.



With an exclusive blend of antioxidants, enzymes and herbs, FibRestore is much more than a fiber powder.

### Beyond Digestion

Feeling great is about more than just proper digestion. That's why FibRestore has an exclusive blend of antioxidants, enzymes and herbs for overall well-being.

**Antioxidants.** Beta carotene, vitamin C and vitamin E are potent antioxidants that neutralize cell-damaging molecules known as free radicals.

**Enzymes.** Papain and bromelain are two key enzymes that reduce inflammation, promote proper digestion, relieve bloating and indigestion, and help the body function more efficiently.

**Herbs.** Ginseng, garlic and chamomile are just three of 21 herbs in FibRestore's special proprietary blend. The bioflavonoids in herbs have been shown to protect and revitalize, promoting overall wellness.

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.

**Your Independent Reliv Distributor is:**

**Tan Kok Hui (RCN: 1491227960)**

**Email: [info@livewelltoday.info](mailto:info@livewelltoday.info)**

For more information or to order:  
800 RELIV US (735.4887) [reliv.com/fibrestore](http://reliv.com/fibrestore)

