



PRODUCT FACT SHEET

# CLINICAL FIBER TABS

MULTI-ENZYME

ITEM #: 0139-0100-00

Combines three different fibers into a unique complex ideal for increasing daily fiber intake, supporting a healthy gut and aiding in weight loss programs.

## BACKGROUND

Dietary fiber refers to food components which cannot be absorbed and used for calories. This "non-nutritive" material is essential to intestinal health and proper processing of food. It also plays a role in heart health, managing blood sugars and blood lipids, weight management and colon health.

It was once believed that simply adding a single type of fiber to the diet, such as bran, was enough. It is now known that several different fibers, each with different functions are required.

- Clinical Fiber Tabs provides the following important fibers:
- Oat fiber, high in a fraction called pentosan, a fiber shown to have excellent protective action.
- Guar gum, a soluble fiber, shown to play a role in weight control and blood lipid regulation.
- Psyllium, a bulk fiber, used for many years as a fiber supplement and bulk laxative.

Clinical Fiber Tabs works in conjunction with increased fresh vegetables, fruits and grains to improve your patients' fiber status. These fast dissolving tablets can also assist your patients in weight loss programs. When 3 tablets are taken before meals with a large glass of water the components in Clinical Fiber Tabs absorb several times their weight. This results in a feeling of fullness allowing the patient to consume a smaller meal and still feel satisfied. At the same time, additional fiber is being added to the diet.

## DESCRIPTION

Combines three different fibers into a unique complex ideal for increasing daily fiber intake, supporting a healthy gut and aiding in weight loss programs.

## HOW SUPPLIED

Tan oblong tablets; 100 per bottle.

## DIRECTIONS

One to Three tablets 15 to 30 minutes before meals with a large glass of water. Clinical Fiber Tabs can also be used between meals.

## Supplement Facts

Serving Size 3 Tablets      Servings Per Container 33.3

Amount Per Serving	% Daily Value
Calories 10	
Total Carbohydrates	2 g
Dietary Fiber	2 g
Oat Fiber	1,350 mg *
Guar Gum	450 mg *
Psyllium Husks	450 mg *

\* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate, (vegetable source), stearic acid (vegetable source).

## REFERENCES

1. Food Carbohydrates, D.R. Lineback and G.E. Inglett, AVI Publishing Company, Inc., Westport, Connecticut, 1982.
2. R. Khan, R.D. Ghazala, A. Mitchel and M.A. Qadeer, "Effect of guar gum on blood lipids," Amer. J. Clin. Nutr., 34:2446 (1981).



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