

## Fiber Complex

### Description

Product number B111 – 350 grams powder

Complex of predominantly soluble dietary fiber.

Fiber, also called dietary fiber, is a group of complex carbohydrates found in plant foods that the human body cannot fully digest in the small intestine. It is divided into two main categories: soluble fiber (which dissolves in water and forms a gel, such as pectin, inulin, or galactomannans) and insoluble fiber (which absorbs water but does not dissolve, such as cellulose or lignin).

Dietary fiber is an important part of a varied and balanced diet. The [EFSA](#) recommends 25 grams or more per day.

### Ingredients per 2 scoops (approximately 15 grams):

Sunfiber® (Partially Hydrolyzed Guar Gum) 88% fiber <i>From Cyamopsis tetragonoloba or guar plant seeds</i>	6 grams
Acacia 90% fiber (Nexira™) <i>From Acacia senegal tree gum</i>	5 grams
Baobab 45% fiber (Nexira™) <i>From Adansonia digitata or baobab tree fruit</i>	3 grams
Apple fiber 55% fiber <i>From Pyrus malus apple pomace</i>	1 gram

Each scoop contains approximately 7.5 grams of powder. Additives: none.

### Use and warnings:

Adults take 1 scoop twice daily, with or immediately after a meal, unless otherwise directed by a healthcare professional. Stir/dissolve the powder well in a glass of water or juice. A slight sedimentation is normal. Fiber attracts moisture. Empty the glass, drink an additional glass of water afterward, and ensure adequate fluid intake throughout the day. Start with a low dose (e.g., 1-3 grams per day) and gradually increase your intake over several weeks.

**If taking medication:** Take fiber supplements at least 2 hours before or 4 hours after your medication.

If you have **IBS or SIBO**, consult your doctor, therapist, or dietitian before use.

Do not exceed the recommended dose. Store in a dry place at room temperature. Keep out of reach of children. A dietary supplement is not a substitute for a varied diet. Do not exceed the recommended dose. This product is suitable for vegetarians and vegans.

### **Explanation of the dietary fibers in this formula:**

Sunfiber (Partially Hydrolyzed Guar Gum or PHGG) is a pure, 100% soluble dietary fiber consisting of galactomannans, which are polysaccharides or carbohydrate polymers consisting of a mannose backbone and a D-galactose side chain. It is extracted from the seeds (endosperm) of the guar plant (*Cyamopsis tetragonoloba*), a legume grown primarily in India and Pakistan. Sunfiber fibers are partially hydrolyzed using natural enzymes, making them more soluble, milder, and easier to use.

Acacia gum from the *Acacia senegal* tree (also called gum arabic or acacia fiber) is an almost completely soluble fiber, consisting of highly branched arabinogalactan polysaccharides (primarily arabinogalactans with a small protein component, with high water solubility). Arabinogalactans are highly branched chains, with main and side chains composed of  $\beta$ -D-galactopyranose,  $\alpha$ -L-arabinofuranose, D-glucuronic acid, D-galacturonic acid, and L-rhamnose.

Baobab fiber, from the flesh of the *Adansonia digitata* tree, contains a mixture of partially branched fibers, with approximately ~75% soluble fiber (pectin, homogalacturonan, xylogalacturonan, and traces of rhamnogalacturonan-I (RG-I) and ~25% insoluble fiber (hemicellulose, cellulose, and lignin).

Apple fiber (from *Pyrus malus*) is extracted from the pulp, peel, and core of apples of controlled origin. After extraction, it primarily contains the internal cell walls. This is also called apple pomace and consists of a mixture of approximately 70% insoluble fibers such as cellulose, hemicellulose, and lignin, and approximately 30% soluble fiber, primarily pectin. Pectin is a highly complex polysaccharide molecule from the apple cell wall. It consists of, among other things, a backbone of homogalacturonan composed of D-galacturonic acid molecules, and a series of side chains of rhamnogalacturonan-I (RG-I) and rhamnogalacturonan-II (RG-II).