

Your Natural Solution to Better Health

You've heard about it and you've probably read about it. Now your doctor is recommending it—a high-fiber diet. The truth is, most Americans consume only about half the fiber they need each day. Adding fiber to your diet isn't always easy, but a high-fiber diet can provide long-term health benefits to you and your family. These benefits involve healthy cholesterol and glucose levels, improved regularity and a healthier heart.

Fiber stimulates the wavelike contractions that move through the intestines. For most individuals, the average intake of natural fiber from whole grain, oats, beans and fruit is 10-20 grams a day. Doctors recommend that the daily consumption of fiber should be 25-35 grams per day.

As soluble fiber passes through the gastrointestinal tract, it binds to dietary cholesterol, helping the body to eliminate it. There is also some evidence that soluble fiber can slow the liver's manufacture of cholesterol, as well as alter low-density lipoprotein (LDL) particles to make them larger and less dense. Researchers believe that small, dense LDL particles pose a bigger health threat.*

4Life's Fiber4Life is a convenient source of high quality fiber developed to help you improve your daily fiber intake and increase your overall health. Fiber4Life also contains the patented Transfer Factor XF, providing a powerful immune boost to keep you going strong each and every day. Fiber4Life is available in two convenient forms: a canister for easy preparation at home and single-serving packets for the on-the-go lifestyle.

Key Points

- **Healthy Cholesterol Levels:** Dietary fiber is found in two equally important forms, soluble and insoluble. Soluble fiber dissolves easily in water and forms a soft gel as it absorbs water in the intestinal tract. Insoluble fiber does not dissolve in water and provides a bulking effect that expands in and cleanses the colon. Fiber4Life is an excellent source of daily dietary fiber. Extensive research has shown that a well balanced diet including 25-35 grams of fiber per day combined with regular exercise promotes healthy cholesterol levels.
- **Healthy Glucose Levels:** Alpha Lipoic Acid used in conjunction with Banaba leaf extract may help regulate glucose levels which may promote weight-loss, appetite suppression and reduce sugar cravings.*
- **Superior Immune System Support:** Transfer Factor XF is 4Life's original Transfer Factor™ product, designed by Mother Nature to help teach your immune system how to work harder against the microbial invaders you encounter every day. The immune system is also a key factor in achieving and maintaining energy and looking and feeling your best.*

Did you know?

A study published in the October 27, 1999, issue of JAMA found that fiber-eating young adults had lower cholesterol levels, lower blood pressure and were less likely to be overweight or develop diabetes.

The FDA recognized fiber's importance by requiring it to be listed on the Nutrition Facts panel of food labels along with other key nutrients and calories. And, based on scientific evidence, the agency has approved certain claims related to fiber intake contributing to lowered risk of coronary heart disease.

A fiber-rich diet can contribute to healthy weight levels. Because fiber is largely undigestible and cannot be absorbed, it provides few calories. And, because of fiber's bulking action it tends to be more filling than other foods—so people tend to eat less.

A Harvard School of Public Health study, published in the February 12 issue of JAMA, suggests that a high-sugar, low-fiber diet more than doubles women's risk of Type II diabetes.

Technical Points

- Contains 8 grams of soluble (7g) and (1g) of insoluble fiber derived from healthful soy sources.
- Contains Transfer Factor XF, a patented and proven supplement that promotes superior immune system strength.*
- Fiber4Life is low in calories and contains no sweetener, making it an excellent high-fiber, low-fat dietary supplement.



CANISTER

DIRECTIONS: Add (1) scoop of Fiber4Life to 7-10 oz. of water or more. Stir or shake well using the 4Life® shaker cup (not included). Drink immediately. Fiber4Life is best utilized if consumed approximately 15 minutes before a main meal.

Serving Size: One (1) scoop (12g)
Servings Per Container: 30

BOX WITH PACKETS

DIRECTIONS: Mix the contents of one (1) packet with 7-10 oz of water or more. Stir or shake well. Drink immediately. Fiber4Life is best utilized if consumed approximately 15 minutes before a main meal.

Serving Size: One (1) packet (12g)
Servings Per Container: 30

Supplement Facts

Amount Per Serving	DV%
Calories	40
Calories from Fat	0 **
Total Fat	0 g **
Total Carbohydrate	10 g 3%†
Dietary Fiber	8 g 32%†
Soluble Fiber	7 g
Insoluble Fiber	1 g
Sugars	0 g
Vitamin A (75% from beta carotene, 25% from palmitate)	1,000 IU 20%
Vitamin C (as ascorbic acid)	102 mg 170%
Vitamin D	24 IU 6%
Vitamin E (as d-alpha tocopheryl acetate)	6 IU 20%
Thiamin (as thiamine mononitrate)	300 mcg 20%
Riboflavin	340 mcg 20%
Niacin (as niacinamide)	4 mg 20%
Vitamin B6 (as pyridoxine hydrochloride)	400 mcg 20%
Vitamin B12 (as cyanocobalamin)	1.2 mcg 20%
Biotin	60 mcg 20%
Zinc (from zinc amino acid chelate)	3 mg 20%
Selenium (as selenomethionine)	14 mcg 20%
Chromium (from chromium polynicotinate amino acid chelate)	100 mcg 80%
Sodium (from salt)	40 mg 1%
Transfer Factor XF® (A patented concentrate of transfer factors and other natural components from bovine colostrum)	100 mg **
Alpha Lipoic Acid	10 mg **
Lagestoemia speciosa L. (Banaba plant extract)(leaf)(1% colosolic acid)	4 mg **

†Percent Daily Value is based on a 2,000 calorie diet
**Daily Value (DV) not established

Other Ingredients: fiber blend (maltodextrin fiber, soy fiber, cellulose gum, arabinogalactan), maltodextrin, citric acid, salt, inulin, beta carotene, soy extract, stevia extract, potato maltodextrin

Ordering Information

Canister

Item # 13024 - 30 servings
Item # 13025 - 12 for the price of 11

Box with Packets

Item # 13020 - 30 packets
Item # 13021 - 12 for the price of 11

Shaker Cup

Item # 90027 - single cup
Item # 90028 - 6/pk