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PaleoFiber® contains a combination of fibers derived from fruits, vegetables, roots, seeds, and tree extracts. This product was designed with the features of the Paleolithic diet in mind, which is what human physiology is most likely adapted to fit.

Features of PaleoFiber®

- **12 types of fiber:** Fibregum tan acacia gum, creafibe cellulose, guar gum, cranberry seed powder, carrot fiber, inulin, citrus fiber, apple pectin, glucomannan, psyllium husk, flax, prune
- **Free of non-paleolithic food extracts:** free of grains (wheat, oat or rice bran) and legumes (peas, beans or soy fibers)
 - ▶ gluten and lectin free, low allergenicity
 - ▶ free of phytates (phytate fiber is found in grains, has an acid load and binds minerals -which interferes with their absorption)
- **Has significant antioxidant activity** from fibregum tan (a unique acacia gum high in polyphenols) and cranberry seed powder (also high in polyphenols and anthocyanidins that give it its red color)
- **Negligible caloric value:** no significant carbohydrate content (although fiber is required to be listed as grams of carbohydrates on food labels)
- **A good balance of soluble and insoluble fibers,** with emphasis on soluble fiber (which is very hard to get from common diets)
- **Guaranteed purity:** free of toxic contaminants
- **Naturally flavored:** no artificial sweeteners, flavors, or colors
- **Mixes well & tastes great!**

Highlights

Fibregum tan: This soluble fiber is an arabinogalactan from the acacia tree. It is a prebiotic, as it supports the growth of friendly bacteria, bifidobacteria and lactobacilli, while it inhibits clostridium. This fiber is excellent for diabetics due to its antioxidant abilities, and its ability to lower glucose and insulin. It also has a certified antioxidant capacity of 39 ORAC units/g, due to its polyphenol content (catechin, epicatechin, gallic acid, procyanidin). One study supplementing a 100 g glucose load with 20 g acacia gum per day showed a reduction of 16% and 18% in average glucose levels and total glucose absorption respectively. Also, insulin levels were reduced by 11%.

Cranberry seed powder: This insoluble fiber has an even more impressive ORAC value of 197, mostly due to its content of phenolics and anthocyanidins.

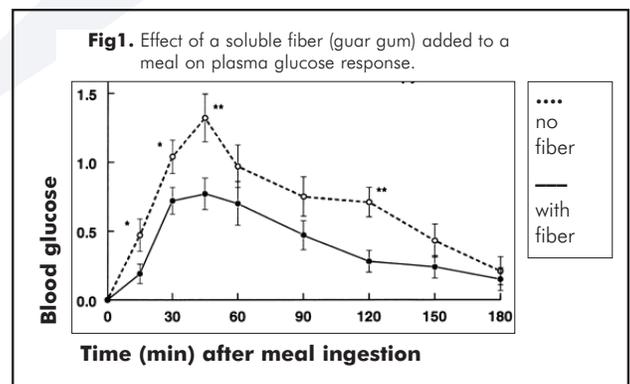
Carrot fiber: This insoluble fiber has a very high water binding ability (18 times its weight) and may improve diarrhea.

Guar gum greatly reduces glycemic load of a meal

See Fig 1, which shows that adding a soluble fiber to a meal with a significant carbohydrate content can lower the plasma glucose response for the three hours after the meal.

PaleoFiber® May Benefit:

- Proper intestinal function & bowel movement (may alleviate constipation or diarrhea)^{13,14}
- Management of IBS, diverticulitis, ulcerative colitis, Crohn's^{1,11}
- Weight loss⁶
- Reduced appetite and prolonged sense of fullness between meals⁶
- Reduced glucose/insulin after meals, lower risk of hypoglycemia, improved insulin sensitivity⁷
- Management of healthy total and LDL cholesterol & triglycerides^{3,4,12,14}
- Healthy blood pressure⁸
- A proper inflammatory response (reduced CRP)¹⁵
- A healthy hormonal balance by assisting with the elimination of metabolites of sex hormones⁹
- Detoxification⁵
- Potential anti-cancer properties^{1,5,9}
- Healthy PSA levels¹⁰



The addition of soluble and insoluble fiber can modulate many of the physiological responses to meals in positive ways, such as:

- Lowered insulin response and triglyceride synthesis
- Lowered fat and cholesterol absorption
- Increased satiety and less chance of hypoglycemic events

Soluble fibers in PaleoFiber® include: guar gum, acacia gum, apple pectin, inulin, and glucomannan

Insoluble fibers in PaleoFiber® include: cellulose (from carrot fiber and psyllium husk) and lignins (such as flax and cranberry seed)

Fiber supports appetite reduction: Fiber increases intestinal bulk, slows down stomach emptying and slows transit time of food through the GI tract. All of this contributes to appetite reduction; insoluble fiber may stimulate receptors on the stomach/intestinal wall by increasing CCK (the satiety neurotransmitter) or reducing ghrelin (a hunger hormone).

Fiber supports fat loss: Fiber supports fat loss by reducing appetite, calories absorbed, and the insulin response. One study reported that 14 g/day of fiber added to an unrestricted diet was associated with an average body weight loss of four pounds during four months.⁶

Fiber supports the lowering of glucose and insulin: Soluble fiber slows stomach emptying and the passage of food in the upper part of the intestine. Consequently, both the total amount of glucose and the rate at which it is absorbed is lowered. Since insulin response is proportional to the rate at which glucose appears in the bloodstream, average insulin levels and total insulin output are lowered by fiber consumption. Apple pectin has been heavily studied for its ability to slow down gastric emptying (great for people who are hungry all the time), aid weight loss, support healthy LDL cholesterol and triglycerides, and even helps with post-prandial insulin levels in insulin dependent diabetics.¹⁶

Fiber supports cholesterol and triglyceride reduction: Soluble fiber binds fatty acids, cholesterol and bile acids and prevents their absorption or reabsorption during circulation. Soluble fiber increases bile acid synthesis, creating an avenue for cholesterol excretion. Since insulin stimulates cholesterol and triglyceride synthesis, lowering insulin with fiber may lower blood lipids. It may be wise to consume PaleoFiber® with meals that contain cholesterol.

Fiber and cholesterol-lowering medications: Fiber may have a supplementary effect on the cholesterol-lowering effects of statins. One study found that a combination of lovastatin and 20 g/day of guar gum lowered total cholesterol by 44%, while lovastatin alone only lowered it by 34%.

Fiber supports gastrointestinal health: Soluble fibers can be converted by friendly intestinal bacteria to short-chain fatty acids (SCFA), which can nourish the intestinal cells and help maintain proper colon pH, which in turn reduces the growth of pathogenic bacteria. Fiber helps cleanse the colon of toxins and impurities as well, which may reduce the risk of colon cancer.

Everyone can benefit from PaleoFiber®: The RDA of fiber is 25-30 g/day, but because the modern diet is deficient in fiber, as well as fruits and vegetables, most Americans only average about 15 g per day. Two teaspoons of PaleoFiber® provide 4 grams of fiber – 3 g soluble and 1 g insoluble.

Supplement Facts

Serving Size 5 grams (approx. 2 teaspoons)

Servings Per Container 60

Amount Per Serving	% Daily Value	
Calories	20	
Total Carbohydrate	5 g	2%*
Dietary Fiber	4 g	16%*
Insoluble Fiber	1 g	†
Soluble Fiber	3 g	†

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Ingredients: Fibregum tan acacia gum, crefiabe cellulose, guar gum, cranberry seed powder, carrot fiber, inulin, citrus fiber, glucomannan, apple pectin, psyllium husk, flax, prune.



How to Take PaleoFiber®:

- Take 5 grams (approximately 2 tsp.) in water per day, or as directed by a health care practitioner.
- Consume extra water when taking PaleoFiber®.
- Prevent gas and bloating by increasing doses slowly, allowing the body time to adjust to higher doses of fiber.
- Do not take PaleoFiber® at the same time as any prescription medication, especially fat soluble ones such as HRT as it may reduce the absorption.

For a list of references cited in this document, please visit:

<http://catalog.designsforhealth.com/assets/itemresources/PaleoFiberReferences.pdf>

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