fibrosol™

soluble dietary fiber

unflavoured & taste-free

resistant maltodextrin from corn

- Naturally sourced from corn
- Soluble and does not form into a gel
- Dissolves and mixes easily in an instant
- Does not affect taste & texture of food & beverage
- Enables users to add to their food and beverage of choice
- Helps users supplement daily fiber intake easily with less bloating

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www.fibrosol.com

Product from Japan

Introduction to Constipation

Constipation is a condition whereby the sufferer has difficulty in emptying the bowels and is usually associated with hardened stools.



Symptoms

The main symptoms of constipation are increased difficulty and straining when passing stools. Others include nauseous, loss of appetite, stomach aches, cramps and bloating.

Causes

Constipation happens when the colon absorbs too much water. This can occur if the muscles in the colon are contracting slowly or poorly, causing the stool to move too slowly and lose more water.

These are the most common causes of constipation:

1) Lack of fiber in the diet
2) Physical inactivity
3) Medications
4) Milk
5) Irritable bowel syndrome
6) Pregnancy
7) Aging
8) Changes in routine
9) Overuse of laxatives
10) Not going to the toilet when needed
11) Not drinking enough water
12) Problems with the colon or rectum

Natural ways to prevent constipation

It will be helpful to adopt the following habits.

- Healthy and fiber rich diet
- Drink more water
- Regular exercise
- Avoid holding in stools

However, due to the hectic lifestyle of the modern day, it is difficult to adhere to the above and people resort to supplements and laxatives to aid bowel regularity.

Commonly used OTC laxatives
Laxatives are medicines that increase the frequency and ease of passing stool. Many types of laxatives are available over-the-counter (OTC) for the relief of constipation.

• Stimulant Laxatives
Stimulant laxatives are fast-acting laxatives that induce bowel movements by increasing the contraction of muscles in the intestines.But it should not taken more than a week.

Effects of taking Stimulant Laxatives:
Taking over dose will lead to loss of colon function, colon nerves will disappear and colon muscles will wither. Others include severe cramps, excess fluid loss and dehydration.

• Lubricant Laxative and Enema
These help the stools move down the colon more easily and include mineral oil.

Effects of taking Lubricant Laxatives:
It should not be used during pregnancy, since it inhibits vitamin absorption. Mineral oil can cause pneumonia if it leaks into the lungs. Mineral oil may leak from the rectum, especially when taken at high doses. The leakage may dirty clothes and cause irritation/itching around the anus.

• Emollient Laxatives (Stool softeners)
These contain an active ingredient called docusate, which do not by themselves stimulate bowel movements, but it is used to soften the stools.

Effects of taking Emollient Laxatives:
It is usually used with stimulant laxative, but frequent use of stimulant laxative is not advisable.

• Bulk-forming Laxatives
These bulk-forming laxatives are derived from natural sources such as agar, psyllium and plant gum. They dissolve or swell in the intestines, lubricate and soften the stools, and make the passing of stools easier.

Effects of taking Bulk Laxatives:
It may cause discomfort, bloating and flatulence. It acts at the top end of the stools, but the lower end would still be hard. As a result, it may worsen the condition in some people.

• Osmotic Laxatives:
These draw water into the intestines softening the stools and causes intestinal contractions resulting in bowel movements.

Effects of taking Osmotic Laxatives:
These can cause problems like bloating, diarrhea, and dehydration for some people. They may also cause thirst and dehydration, and electrolyte imbalances as they draw out nutrients and other contents with the water.

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unflavoured & taste-free
resistant maltodextrin from corn

What is fibrosol™ and how it helps?

Fibrosol™ aids relief of constipation, bowel regularity & healthy digestive system.

- Naturally sourced from corn
- Soluble and does not form into a gel
- Dissolves and mixes easily in an instant
- Does not affect taste & texture of food & beverage
- Enable users to add to their food & beverage of choice
- Helps users supplement their daily fiber intake easily with less bloating

Your ideal daily corn-based dietary fiber supplement for optimum digestive health.



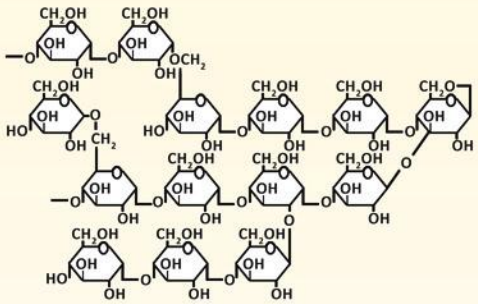
Chemical Structure

- Fibrosol™ is a unique soluble dietary fiber produced from starch by the combination of dextrinization and enzymatic treatments.

- Fibrosol™ has well-developed branched chemical structure composed of not only 1-4 and 1-6 but also 1-2 and 1-3 glucosidic linkages.

- The branched structure is resistant to human digestive enzymes and not absorbed in the small intestine. Therefore, Fibrosol reaches the large intestine, and is then partially fermented, with the residual unutilized excreted.

- Fibrosol™ contains ≥85% soluble dietary fiber (AOAC Official Method 2001.03).



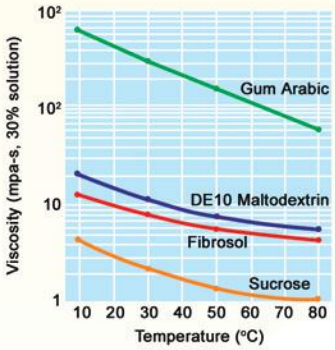
Product Features & Benefits

1. 100% natural

Fibrosol™ is derived from corn starch.

2. Low Viscosity

Fibrosol™ does not affect the texture of food and beverage. It can be added to your choice of food and beverage



3. Solubility / Dispersbility

Fibrosol™ has excellent solubility and dispersbility.

4. Unflavoured with Clean Taste

Fibrosol™ is unflavoured and does not affect the taste of your food and beverage.

5. Does not form into a gel

- Less bloating
- Helps users supplement their daily fiber intake with ease
- Benefits users with feeding problems

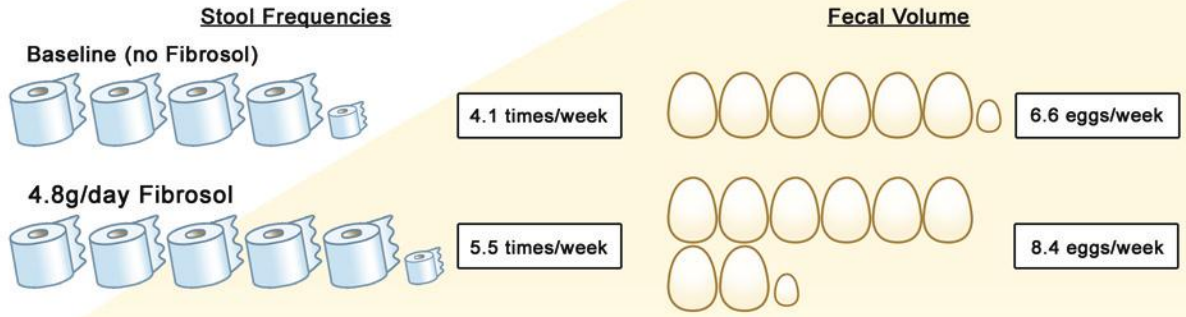
Clinically Proven Physiological Functions

1. Intestinal Regularity

Fibrosol reaches the large intestine and helps maintain healthy bowel movement.

Stool Frequencies and Fecal Volume Study

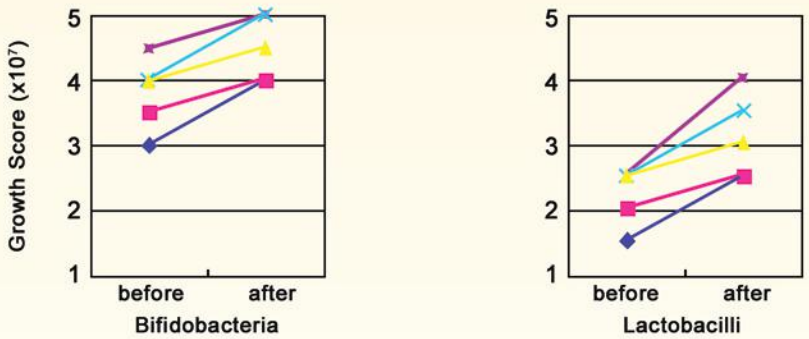
(Dosage: 4.8g/day for 14 days, Subject; 20 constipated adult females, Single-bline, cross-over study)



▶ **Result: Fibrosol increases stool frequencies and fecal volume.**

J.Nutritional Food, 2001, 4(4); 21-27

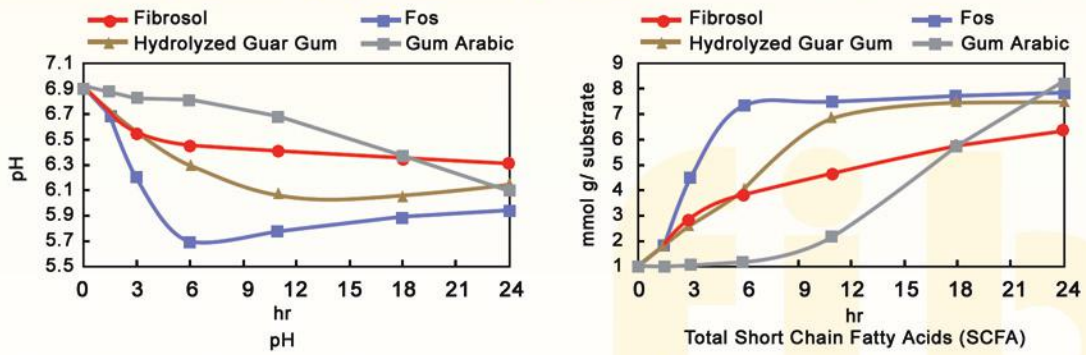
2. Fecal Bacteria Study (Dosage: 30g/day for 8 days. N-5, Cross-over study)



▶ **Result: Fibrosol increases beneficial bacteria.**

Laurentin and Edwards, 2004

3. Slow Fermentation - Less Flatulence problem (in-vitro study using human fecal dilution)



▶ **Result: Fibrosol is gradually fermented, which causes less gas production in the intestines.**

Journal of Nutrition, 2000; 130; 1267-1273

How Fibrosol works

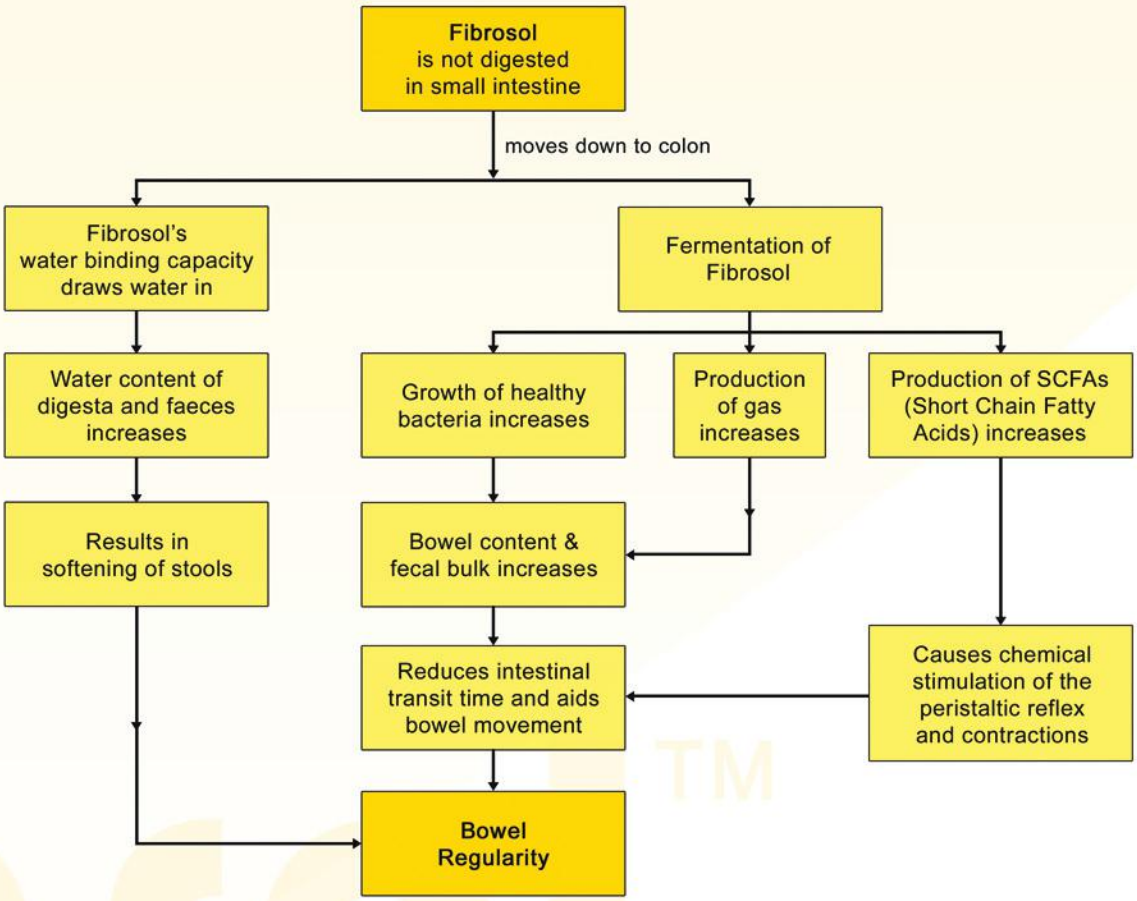
How fibrosol™ works?

After being consumed, Fibrosol moves down the digestive tract and does not get broken down in the small intestines.

1. When it reaches the colon (large intestines), due to its water binding capacity, it draws water in and causes softening of the stools.

2. At the same time in the colon, fermentation of Fibrosol occurs and results in the production of Short Chain Fatty Acids (SCFAs), gas and growth of healthy bacteria.

- The release of SCFAs causes chemical stimulation of the peristaltic reflex and the contractions reduce intestinal transit time resulting in faster movement of bowels.
- Fermentation of Fibrosol also produces gas and healthy bacteria which increase the bowel content and fecal bulk. This in turn helps bowel movement.



Product Information

Indication:
Aids relief of constipation, bowel regularity & healthy digestive system.

Contraindications:
Abnormalities of the gastrointestinal tract.

Adverse effects:
Usually gastrointestinal related and are mild and transient, including diarrhea, flatulence.

Dosage and Administration:
- Adults: Take 1-2 sachets of Fibrosol™ daily.
- Children: ½ to 1 sachet of Fibrosol™ daily. For children below 6 years, consult your pediatrician.
- Add contents of sachet into beverage of choice and stir well until dissolved.
- Mix contents with food of choice.
- The taste and texture of the food and beverage will not be affected.

Supplement Facts

Serving Size: 1 Sachet (5g)
Serving Per Container: 30

	Amount per Serving	
Calories / Energy (kcal)	8	Calories from Fat 0
		% Daily Value*
Total Protein (g)	0	
Total Fat(g)	0	**0%**
- Saturated Fat (g)	0	**0%**
- Trans Fat (g)	0	
Total Carbohydrate (g)	4.8	**2%**
- Dietary Fiber(g)	4.5	**18%**
- Sugar (g)	0.1	
Cholesterol (mg)	0	**0%**
Sodium (mg)	0.05	**0%**
Potassium (mg)	0	**0%**
Phosphate (mg)	0	**0%**
Moisture (g)	0.2	

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

Active Ingredient:
Resistant Maltodextrin (soluble dietary fiber from corn starch).

Presentation / Packsize:
5g powder in sachet / box of 30s

Storage:
Store in a cool dry place below 30°C. Do not consume if sachet is torn.

Product from Japan

www.fibrosol.com

ADVAGEN
adding value to lives