FibreLife™

Q & A

Q. What is FibreLife?
A. FibreLife is a proprietary, highly viscous soluble fibre blend from Lifestyles that supplements the body's dietary deficiency of fibre.

Q. How does FibreLife work?
A. Once ingested with plenty of water, FibreLife forms a gel-like complex of natural fibres. In fact, FibreLife has the greatest viscosity (gelling capacity) of any dietary fibre. This complex slows down the digestion of food, reduces the absorption of sugar and calories, and creates a sense of fullness without impacting your energy levels.

Q. What is viscosity?
A. Viscosity is a measure of the thickness of a liquid substance. When evaluating fibre, it is the viscosity of the gel that forms when mixed with water that provides therapeutic value.

Q. What are the primary benefits of FibreLife?
A. The key benefits of FibreLife are:
   • it helps regulate your appetite to help you achieve and maintain a healthy weight
   • it helps to regulate your energy levels by lowering the Glycemic Index of a meal to stabilize the release of sugars into your blood stream
   • it helps regulate your body systems by lowering your cholesterol level and eliminating body toxins

Q. What is the Glycemic Index (GI)?
A. The Glycemic Index (GI) is a measure of how certain foods affect your blood sugar levels.

Q. Why is the Glycemic Index (GI) important?
A. High-GI foods, such as fast and processed foods, are rapidly digested and cause sharp spikes in your blood sugar levels. This can damage your health and also contribute to weight gain, as you will soon be hungry and low on energy. Conversely, low-GI foods are slowly digested, causing a gradual and sustained increase in your blood sugar level.

Q. How does FibreLife help with the Glycemic Index?
A. FibreLife helps lower the overall Glycemic Index of a meal, thus ensuring that food is more slowly digested and blood sugar levels are regulated.

Q. What other benefits can you expect from using FibreLife?
A. As FibreLife helps you reduce and control your weight, you may experience the many related health benefits that come with lower body weight.

Q. What research exists to support the benefits of FibreLife?
A. There are countless clinical trials published in peer-reviewed journals that prove soluble fibre’s varied health benefits. Please speak with your Distributor or visit www.lifestyles.net for more information.

Q. If I don’t need to lose weight, do I still need FibreLife?
A. Yes, since FibreLife helps to address the dietary deficiency for fibre. According to health authorities, adults should be consuming at least 30 g of fibre each day, however, a majority of people consume less than half that amount through regular diet alone.

Q. What are the key ingredients in FibreLife and what do they do?

<table>
<thead>
<tr>
<th>Key Ingredients/Features</th>
<th>Benefits</th>
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</thead>
<tbody>
<tr>
<td>Konjac Glucomannan</td>
<td>Studies show it can improve blood sugar control, aid in appetite control, lower blood pressure, and lower cholesterol</td>
</tr>
<tr>
<td>Guar Gum &amp; Xanthan Gum</td>
<td>Studies have found these gums effective in controlling appetite and enhancing digestive function, reducing cholesterol, and improving blood sugar level</td>
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<tr>
<td>Cinnamon extract</td>
<td>Provides added support in regulating blood sugar levels</td>
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Q. What is soluble fibre?
A. Soluble fibre dissolves and thickens in water. Soluble fibre is probably best known for its cholesterol-lowering effect. Soluble fibre is made up of sticky substances like gums and pectin, which form a gel-like substance in the presence of liquid. Cholesterol that is stored in the blood is used to produce bile acids, and therefore, as the gel binds the cholesterol and bile acids in the small intestine, it is eliminated from our body with regular bowel movements. This action of getting and binding is also responsible for soluble fibre’s ability to promote a feeling of fullness.

In contrast, insoluble fibre is the “roughage” in our diet that helps promote a healthy digestive system.
Q. Why is FibreLife so potent?
A. FibreLife is a blend of naturally-occurring water-soluble fibres that together can absorb hundreds of times their weight in water. FibreLife’s blend has a water-binding capacity that is many times greater than glucomannan alone and tenfold greater than other soluble fibres such as psyllium, flax seeds, or guar gum. It’s FibreLife’s unique blend of specific fibres in specific ratios that makes FibreLife so potent. This means that smaller doses of FibreLife can have greater beneficial health effects than other fibres, as well as supporting safe, sustainable weight loss—in other words, a small amount of FibreLife is equivalent to a large of other fibres.

Q. What are the directions for using FibreLife?
A. Take 1 to 2 capsules prior to each meal with 250 - 500 mL of water, up to 3 times per day. Make sure you consume in total at least 3 L of water per day.

Q. How should I incorporate FibreLife into my lifestyle?
A. Whenever increasing fibre intake, it is important to start slowly and increase as your body adjusts. Begin by taking 1 capsule daily with 250 - 500 mL of water. After a few days, take 1 capsule twice daily, each with 250 - 500 mL of water. Continue to add 1 capsule every few days until you reach the recommended dose or a dose your body is comfortable with.

Q. Can kids take FibreLife?
A. FibreLife is a blend of naturally-occurring water-soluble fibres that together can absorb hundreds of times their weight in water. FibreLife’s blend has a water-binding capacity that is many times greater than glucomannan alone and tenfold greater than other soluble fibres such as psyllium, flax seeds, or guar gum. It’s FibreLife’s unique blend of specific fibres in specific ratios that makes FibreLife so potent. This means that smaller doses of FibreLife can have greater beneficial health effects than other fibres, as well as supporting safe, sustainable weight loss—in other words, a small amount of FibreLife is equivalent to a large of other fibres.

Q. Do I need to take FibreLife every day?
A. For best results, it is essential that FibreLife be taken consistently on a daily basis.

Q. Why is drinking water so important?
A. FibreLife is a blend of naturally-occurring water-soluble fibres that together can absorb hundreds of times their weight in water. FibreLife’s blend has a water-binding capacity that is many times greater than glucomannan alone and tenfold greater than other soluble fibres such as psyllium, flax seeds, or guar gum. It’s FibreLife’s unique blend of specific fibres in specific ratios that makes FibreLife so potent. This means that smaller doses of FibreLife can have greater beneficial health effects than other fibres, as well as supporting safe, sustainable weight loss—in other words, a small amount of FibreLife is equivalent to a large of other fibres.

Q. How does FibreLife interact with prescription/non-prescription drugs and other supplements?
A. If you are taking any medications and/or supplements, it is recommended that you take them at least one hour before taking FibreLife. This will ensure that both your medication and FibreLife can work effectively.

Q. Are there any side-effects when taking FibreLife?
A. For normal people who are following the directions for use, there should not be any side-effects. However, as with any soluble fibre product, if insufficient amounts of water are taken, constipation may result. Also, those who currently lack fibre in their diet, fibre should be added slowly or else some gastrointestinal discomfort (such as gas and bloating) may result.

Here is a partial list of available research and clinical trial results on the benefits of fibre and the ingredients found in FibreLife:


Prinzrae CL. Diagnosis, treatment, and management of irritable bowel syndrome with constipation and chronic constipation. MedCompend. 2005 Aug 10;70(7-8).


Pennigton, Jean, Stoews and Church’s Food Values of Portions Commonly Used, Lippincott Williams & Wilkins,1990.


