

Fiber-Plex™

Broad-Spectrum Dietary Fiber Supplement

DESCRIPTION

Fiber-Plex™, provided by Douglas Laboratories®, is a convenient dietary supplement designed to provide a unique combination of all major classes of naturally occurring dietary fiber. Fiber-Plex capsules supply a balance of soluble and insoluble, as well as fermentable and non-fermentable dietary fiber.

FUNCTIONS

Dietary fiber is defined as complex carbohydrates that are resistant to the action of digestive enzymes, and therefore pass through the intestinal tract, unabsorbed. Dietary fiber includes substances such as cellulose, hemicellulose (xylans, galactans and mannans), pectins, gums, and lignin.

Dietary fiber has many nutritional benefits for the health of the gastrointestinal tract. Insoluble dietary fiber, such as cellulose and many hemicelluloses, are not efficiently fermented in the colon. As a result, they provide fecal bulk, bind water, and help soften stools. Soluble dietary fiber, such as pectin, many gums, and some hemicelluloses, are fermented in the colon to varying degrees. This results in lower colonic pH (acidity) and the production of short chain fatty acids, which are important for the intestinal microflora and the health of the mucosal cells. Short chain fatty acids also have a role in facilitating colonic water absorption.

Many insoluble and soluble fiber types bind dietary cholesterol and bile acids in the intestine, and therefore play an important nutritional role in the enterohepatic circulation of cholesterol and cholesterol metabolism in general. Most types of dietary fiber, when hydrated, contribute substantially to the volume of stomach contents and help provide a feeling of fullness. Fiber-Plex was formulated to take advantage of all of the physiological benefits of fiber by combining a wide variety of insoluble, non-fermentable and soluble, fermentable natural fiber sources. Glucomannan is a partially fermentable, soluble fiber extracted from the konjac root (yam family). This hemicellulose fiber is noted for its high water-binding capacity, and may have a beneficial role in cholesterol metabolism. Carrot and celery powders provide a rich array of soluble and insoluble dietary fibers, including cellulose, hemicellulose, pectin and lignin. Sodium alginate is a soluble partially fermentable fiber derived from seaweed. Pectin is a soluble dietary fiber noted for its ability to provide beneficial short chain fatty acids for the colon. Fiber-Plex provides both types of naturally occurring pectins: high- and low-methoxyl pectins. Slippery elm powder supplies a number of gums and mucilages that are important for the mucous lining of the gastrointestinal tract.

INDICATIONS

Fiber-Plex may be taken as a dietary supplement for individuals who wish to increase their intake of a broad spectrum of nutritionally important dietary fiber sources.

FORMULA (#FPC)

Provides approximately 235 mg of total dietary fiber from the following sources:

- Glucomannan
- Citrus Pectin (high-methoxyl)
- Carrot Powder
- Apple Pectin (low-methoxyl)
- Celery Powder
- Slippery Elm Powder
- Sodium Alginate

SUGGESTED USE

One to two capsules, one to three times daily as a dietary supplement, or as directed by physician. Take with plenty of liquids during meals. Capsules may also be opened and contents stirred into beverages or foods.

Fiber-Plex™ Broad-Spectrum Dietary Fiber Supplement

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

- Anderson JW, Jones AE, Riddell-Mason S. Ten different dietary fibers have significantly different effects on serum and liver lipids of cholesterol-fed rats. *J Nutr* 1994;124:78-83.
- Arvill A, Bodin L. Effect of short-term ingestion of konjac glucomannan on serum cholesterol in healthy men. *Am J Clin Nutr* 1995;61:585-589.
- Asp N-G. Nutritional classification and analysis of food carbohydrates. *Am J Clin Nutr* 1994;59 Suppl.679S-681S.
- Berggren AM, Björck IME, Nyman EMGL, Eggum BO. Short-chain fatty acid content and pH in caecum of rats given various sources of carbohydrates. *J Sci Food Agric* 1993;63:397-406.
- Cerda JJ, Normann SJ, Sullivan MP, et al. Inhibition of atherosclerosis by dietary pectin in microswine with sustained hypercholesterolemia. *Circulation* 1994;89:1247-1253.
- Evans MA, Shronts EP. Intestinal fuels: glutamine, short-chain fatty acids, and dietary fiber. *J Am Diet Assoc* 1992;92:1239-46, 1249.
- Ferguson LR, Robertson AM, Watson ME, Kestell P, Harris PJ. The adsorption of a range of dietary carcinogens by α -cellulose, a model insoluble dietary fiber. *Mutat Res Genet Toxicol Testing* 1993;319:257-266.
- Fernandez ML, Sun DM, Tosca MA, McNamara DJ. Citrus pectin and cholesterol interact to regulate hepatic cholesterol homeostasis and lipoprotein metabolism: A dose-response study in guinea pigs. *Am J Clin Nutr* 1994;59:869-878.
- Harris PJ, Ferguson LR. Dietary fibre: Its composition and role in protection against colorectal cancer. *Mutat Res Fundam Mol Mech Mutagen* 1993;290:97-110.
- Hexeberg S, Hexeberg E, Willumsen N, Berge RK. A study on lipid metabolism in heart and liver of cholesterol-and pectin-fed rats. *Br J Nutr* 1994;71:181-192.
- Hunninghake DB, Miller VT, LaRosa JC, et al. Hypocholesterolemic effects of a dietary fiber supplement. *Am J Clin Nutr* 1994;59:1050-1054.
- MacLennan R, Macrae F, Bain C, et al. Randomized trial of intake of fat, fiber, and beta carotene to prevent colorectal adenomas. The Australian Polyp Prevention Project. *J Natl Cancer Inst* 1995;87:1760-1766.
- May T, Mackie RI, Fahey GC, Jr., Cremin JC, Garleb KA. Effect of fiber source on short-chain fatty acid production and on the growth and toxin production by *Clostridium difficile*. *Scand J Gastroenterol* 1994;29:916-922.
- Raben A, Christensen NJ, Madsen J, Holst JJ, Astrup A. Decreased postprandial thermogenesis and fat oxidation but increased fullness after a high-fiber meal compared with a low-fiber meal. *Am J Clin Nutr* 1994;59:1386-1394.
- Riccardi G, Ciardullo AV. Dietary fiber in the prevention of cardiovascular disease. *Adv Exp Med Biol* 1993;348:99-104.
- Stark AH, Madar Z. In vitro production of short-chain fatty acids by bacterial fermentation of dietary fiber compared with effects of those fibers on hepatic sterol synthesis in rats. *J Nutr* 1993;123:2166-2173.
- Venketeshwer Rao A, Shivanarain N, Koo M, Jenkins DJA. Effect of fiber-rich foods on the composition of intestinal microflora. *Nutr Res* 1994;14:523-535.
- Wisker E, Daniel M, Feldheim W. Effects of a fiber concentrate from citrus fruits in humans. *Nutr Res* 1994;14:361-372.
- Yamaguchi F, Shimizu N, Hatanaka C. Preparation and physiological effect of low-molecular-weight pectin. *Biosci Biotechnol Biochem* 1994;58:679-682.

Fiber-Plex™
Broad-Spectrum Dietary Fiber Supplement

For more information on Fiber-Plex™ visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



You trust Douglas Laboratories.
Your patients trust you.

© 2012 Douglas Laboratories. All Rights Reserved