

Why Choose Fiber Tea™ ?

1. High quality ingredients recognized or approved by FDA.
 2. Effectively promote regularity and relieve constipation.
 3. Help keep unwanted pounds off with fuller feelings..
 4. Suitability for diabetics.
 5. Help maintain normal cholesterol levels.
 6. No caffeine, no preservatives, no sugar, and no fat.
 7. Fast results.
 8. No side harmful effects
 9. No habit forming
 10. Additional potassium benefits provided.
- and so on...(please see the back for more information)

What indicates a need for more high fiber foods, like Fiber Tea™ ?

- Constipation
- Hemorrhoids
- High blood sugar levels
- High cholesterol levels
- Certain digestive disorders

(Consult your doctor for more information)



What can Fiber Tea™ , do for you?

- Support bowel regularity
- Help keep unwanted pounds off with fuller feelings
- Help maintain normal cholesterol levels
- Help maintain normal blood sugar levels

(Consult your doctor for more information)

- **No Caffeine!**
- **No Preservatives!**
- **No Sugar!**
- **No Fat!**



Dietary Fiber

Many health experts advise more consumption of dietary fiber. Researchers suggest that dietary fiber, together with diet in low saturated fat and cholesterol, may help lower the risk of heart disease and colon cancer.

Why Choose Fiber Tea™ ?

(continue from the front)

11. The highest-quality natural sugar-free sweetener used.
12. Fast solubility, either in hot or cold water.
13. Very convenient to use, even without water.
14. The most dietary fiber amount per serving than any other fiber products in the market.
15. The world-first "tea" concept, rather than the additive or medicine concepts that all the other fiber products are based on.
16. The highest-quality soluble dietary fiber used.
17. Calm, soothing, and relaxed feelings.
18. Clean and pleasant taste.
19. Generally safe for children.
20. Excellent for daily personal usage as well as for social settings.



*1 rounded tablespoon of Fiber Tea™ provides 20% of daily recommended dietary fiber.

Dietary fiber is also known to help :

- Regularity
- Weight control with fuller feeling
- Caloric burning
- Stability of blood sugar levels
- Many other benefits associated with dietary fiber.*



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Fiber Tea™ product is made of vegetable fiber, natural sugar-free sweetener (erythritol), potassium citrate, beet, caramel, beta carotene, and red cabbage.

All ingredients have numerous benefits for our health. Especially, the vegetable fiber called inulin is extracted from the chicory root that has been well known in the European nations for many years for its great benefits on digestive health.

Many studies have shown the favorable effects of inulin on numerous aspects of digestive health. In each of these studies, two of the more direct parameters measured are fecal weight and frequency. Inulin consistently helps improve both its weight and frequency. Further, in studies concerned with constipated patients, inulin has demonstrated to effectively promote regularity and relieve constipation.

Inulin has been recommended for diabetics under the supervision of health-care professionals; it has a mildly sweet and pleasant taste. Because not absorbed in the digestive system, it does not raise blood sugar levels. Despite its name is similar to insulin, inulin does not have any connection with the insulin hormone either chemically or medically. Recent studies were conducted on healthy male volunteers who dieted on a breakfast cereal that contained 18% inulin for several weeks. The research concluded that those who consumed inulin, dietary fiber, showed their triacylglycerol levels and plasma total cholesterol were significantly lowered. It is generally known that the lower triacylglycerol and cholesterol levels reduce the risk of heart diseases. Because of its high content of dietary fiber, inulin also helps cleanse colon better, possibly lowering the risk of colon cancer.

Fiber Tea™ contains potassium. Potassium, a mineral, assists in maintaining fluid and electrolyte balance in body cells. It also assists in muscle contraction. Potassium is an important mineral in sending nerve impulses as well as releasing energy from protein, fat, and carbohydrates during metabolism. Additionally, potassium can help active kids maintain fluid balance.

The Institute of Medicine (IOM) indicates in a 2004 report that the majority of adults are not consuming their recommended amount of potassium. One serving of Fiber Tea™ offers 100 mg of potassium.

In order to enhance its flavor, Fiber Tea™ uses a natural sugar-free sweetener called erythritol. Erythritol is the highest-quality natural sugar-free sweetener that the modern food science recently scored. Non-calorie, tooth-friendly and suitable for diabetics makes this erythritol an excellent choice for the world-class food producers. Erythritol has the highest digestive tolerance of all sugar-free sweeteners. As an example erythritol has a digestive tolerance of 3-4 times better than that of sorbitol and 2-3 times better than xylitol and maltitol. Unlike other sugar-free sweeteners, erythritol does not cause undesired gastrointestinal effects under its intended condition of use. This highest-quality natural sugar-free sweetener is included in our Fiber Tea™ product.