

ITEM NO: 26562

CONTENT: 45 SERVINGS

## SUMMARY

The National Cancer Society recommends 25-40 grams of fiber per day<sup>1</sup>, but the typical North American diet includes only 8-10 grams of daily fiber. Unicity LiFiber, a psyllium-based powder drink, provides ample high-quality dietary fiber and herbs that are beneficial to the gastrointestinal tract.

LiFiber offers increased effectiveness by including a special dietary fiber called fructooligo saccharide (FOS). Derived from chicory root, FOS is a naturally sweet substance that cannot be digested by human digestive enzymes. FOS is mainly used as a source of food for beneficial intestinal bacteria.

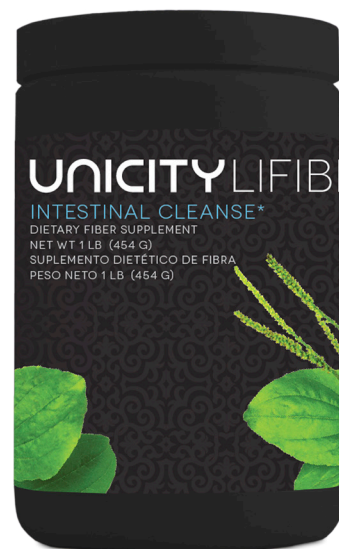
In addition, LiFiber includes 29 different herbs that supply both insoluble and soluble fiber. Studies indicate that soluble fiber may help sustain healthy blood cholesterol, while insoluble fiber passes quickly through the digestive system and helps clear the colon of toxins and other wastes.

### **Exclusive Fiber Matrix**

Unicity's fiber blend provides soluble and insoluble fibers, along with prebiotics that help contribute to healthy gut bacteria. With a healthy balance of microflora in the gut, the digestive system can work more efficiently, and adverse digestive symptoms may decrease over time with regular use<sup>2</sup>.

## FEATURES & BENEFITS

- Provides more soluble fiber than oat bran.
- Supplies 5.6 grams of soluble and insoluble fiber per 10 gram serving.
- Helps clear the colon of toxin and other wastes.
- Helps maintain healthy blood cholesterol.
- Assists weight loss goals by providing a full feeling and suppressing appetite.



## PROPRIETARY HERBAL BLEND

### **Cayenne Fruit**

A natural antibacterial agent<sup>3</sup> that helps protect the digestive system against damage<sup>4</sup>.

### **Clove**

Known for its medicinal, pungent odor, clove is a powerful anti-parasitic and antibacterial herb<sup>5,6</sup>.

### **Peppermint Leaf**

Helps the body protect against adverse digestive symptoms, such as bloating and dyspepsia<sup>7,8</sup>.

### **Licorice Root**

Supports proper digestion and has natural antifungal and antiviral effects<sup>9</sup>.

### **Black Walnut**

A great source of tannins, components with astringent properties to provide natural cleansing action<sup>9,10</sup>.

### **Pumpkin Seed**

A rich source of antioxidants, pumpkin supports the digestive system's ability to rid itself of parasites and other unwanted organisms<sup>11</sup>.

## SCIENCE (CONTINUED)

In addition to these natural cleansing herbs, LiFiber provides 23 others to offer powerful gastrointestinal support!

A low-residue diet causes a gluey state that cannot be efficiently processed by the intestines. The colon is the solid waste management organ for the entire body, and mucous and rubber-like waste can easily adhere to the colon walls. The colon is the easiest breeding ground for microorganisms, some of which may be harmful.

The latest estimates show that over 90 percent of disease in America is related in some way to an unhealthy colon. Headaches, skin blemishes, bad breath, fatigue, and joint distress can be linked to a congested colon. In addition, colon and bowel problems are a big factor in early aging.

When waste backs up, it becomes toxic and then releases the toxins into the bloodstream. Other elimination organs become overburdened in their detoxification duties, and it's easy to see why health problems begin. Cleansing your colon lightens the toxic load on every part of your body. In fact, hardly any healing program will work without a colon cleanse as part of it.

Real healing takes place at the deepest levels of your body: your cells. All your cells are fed by your blood. Some of the nutrients that reach your blood get there by the way of the colon. So a clogged dirty colon may mean toxins in your blood. Fiber's significance comes from its ability to move food through the digestive system quickly and easily.

## RECOMMENDED USE

Add 1 level scoop (10g) of Unicity LiFiber to 8-10fl. oz of water, juice or beverage of your choice. Mix & drink immediately. Taking this product without enough liquid can result in choking. Do not take if you have difficulty swallowing.

## INGREDIENTS

Psyllium Husk, Stevia Extract, Citrus Pectin Complex, Hibiscus Flower, Guar Gum Powder, Licorice Root, Alfalfa Whole Plant, Black Walnut Hulls, Buchu Leaf, Burdock Root, Cape Aloe Powder, Cayenne Fruit, Chickweed Leaf, Cinnamon Bark, Clove Seeds, Cornsilk, Dandelion Root, Echinacea Root, Fenugreek Seed, Garlic Bulb, Ginger Root, Marshmallow Root, Papaya Fruit, Peppermint Leaf, Pumpkin Seed, Red Raspberry Leaf, Rhubarb Root, Slippery Elm Bark, Yucca Root. *Fructose, Maltodextrin, Fructo-Oligosaccharide, Natural Orange Flavour and Banana Flavour.*

## REFERENCES

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