

Cyto·Fibre

A certified organic, GMO free and FODMAP-friendly soluble fibre sourced from acacia gum. Gentle on the digestive tract.

Each scoop contains:

Organic Fibregum™ (acacia)

5g



325 grams powder

Vegan. GMO, gluten, soy and dairy free.



Prebiotic fibres shape the health of our microbiota and are essential for the promotion of many healthy digestive processes, including bowel movement regularity, stool bulk and transit time. However, the implications of fibre intake go far beyond the digestive tract. Increased fibre intake helps to improve satiety, promote healthy cholesterol levels and regulate blood sugar levels. Unfortunately, the vast majority of the Canadian population fall short on their dietary fibre intake, which means that supplementation may play a valuable role.

In contrast to the significant benefit of increased fibre intake, some supplemental fibres can be poorly tolerated and actually cause many

digestive disturbances. For example, high doses of fructo-oligosaccharides (FOS) or psyllium fibre can cause bloating, distension, flatulence and abdominal cramping when they are fermented by gut microbiota. This leads many patients and practitioners to avoid their use altogether. However, there are better options as not all prebiotic fibres lead to digestive discomfort.

Fibregum™ is an example of an extremely well-tolerated prebiotic fibre that causes minimal gas and bloating when supplemented even in large doses up to 30 grams per day. Fibregum™ has been extensively studied and shown to increase the growth of various lactobacillus, bifidobacteria and the anti-inflammatory microbe *Faecalibacterium*

Key points

- Contains Fibregum™, a soluble prebiotic fibre sourced from acacia gum
- Highly tolerable with minimal flatulence, bloating and abdominal cramping as per digestive tolerability studies
- Demonstrated to increase beneficial bacterial counts, encourage short-chain fatty acid production, improve inflammatory cytokine profiles and support intestinal permeability
- Certified organic, GMO free and FODMAP-friendly
- Unflavoured and dissolves easily, allowing for improved compliance

prausnitzii. In addition, Fibregum™ has been demonstrated to significantly increase short chain fatty acid production (SCFAs; including butyrate), positively influence pro- and anti-inflammatory cytokine profiles in the colon, and to support proper intestinal permeability. Unlike FOS which is quickly fermented in the ascending colon, Fibregum™ is slowly and progressively fermented throughout the ascending, transverse and descending colon, leading to greater clinical outcomes and greater tolerability.

Cyto-Fibre is an all natural, certified organic, GMO free and FODMAP-friendly source of prebiotic fibre to support the health of the digestive tract. Sourced from acacia gum, Fibregum™ is unflavoured and dissolves easily. This means that Cyto-Fibre can be easily incorporated into your patient treatment protocols with high compliance, efficacy and tolerability.

Related products

Berber
Cyto-Glutamine
GI-Soothe
GI-Matrix
Multi-Strain 11
Multi-Strain 50
Oregano Oil
Saccharo-B
Cyto-Zyme

Non-Medicinal Ingredients: None

Indications: Source of fibre to help stimulate the growth of healthy bacteria (such as bifidobacteria) in the intestines/gut. Source of fibre for the maintenance of good health.

Directions: Children 4 and up: Take 1 scoop per day or as directed by a healthcare professional. Take 2 hours before or after taking other medications or natural health products. Take with at least 250ml of liquid to maintain adequate fluid intake.

Adults: Take 1-2 scoops per day or as directed by a healthcare professional. Take 2 hours before or after taking other medications or natural health products. Take with at least 250ml of liquid to maintain adequate fluid intake.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you have difficulty swallowing or if you are taking medications which inhibit peristaltic movement (e.g. opioids, loperamide). If you have symptoms such as abdominal pain, nausea, vomiting or fever or are experiencing a sudden change in bowel habits that has persisted for more than 2 weeks, undiagnosed rectal bleeding, or have failed to defecate following the use of a laxative product, consult a healthcare professional.

Known Adverse Reactions: May cause mild gastrointestinal disturbances (such as gas, bloating, cramps).



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