



# fibre and so much more!

balance, restore, revitalize



## The Fibre Fix

Fibre is one amazing multi-tasker. Whether your goal is weight loss, improved digestion or heart health, fibre does it all. Despite common knowledge of fibre's many benefits, most people don't get the recommended 21-35 grams per day.

Fortunately, patented FibRestore provides 10 grams of soluble and insoluble fibre per serving. It's a simple solution for better health.

## No Ordinary Fibre

Did you know there are actually two types of fibre, each with different benefits? Your body needs both soluble and insoluble fibre. Unfortunately, most fibre supplements only provide soluble fibre to act as a "bulking agent" in the gut. The insoluble fibre in FibRestore provides added benefits you can't get from a typical fibre powder. With FibRestore, you can balance, restore and revitalize.

### Soluble fibre:

- leads to less artery build-up by binding to cholesterol and inhibiting cholesterol production.
- helps control blood glucose by slowing carbohydrate digestion, which can help manage weight.

### Insoluble fibre:

- reduces constipation and aids intestinal by helping speed transit through the colon.
- promotes growth of probiotics, helpful bacteria that keep harmful bacteria in check, aid in digestion and keep you healthy.
- enhances weight loss by improving satiety.

## Beyond Digestion

Feeling great is about more than just proper digestion. That's why patented FibRestore has an exclusive blend of antioxidants and herbs for overall well-being.

**Antioxidants.** Beta carotene, vitamin C and vitamin E are potent antioxidants that neutralize cell-damaging molecules known as free radicals.

**Herbs.** Ginseng, garlic and dandelion are just three of the herbs in FibRestore's special proprietary blend. The bioflavonoids in herbs have been shown to protect and revitalize, promoting overall wellness.



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Reliv products are not intended to diagnose, treat, cure or prevent any disease or medical condition.

Dietary supplements should not replace a balanced diet.

For more information or to order:  
1800 066 186 - [reliv.com.au/p/a-affect](http://reliv.com.au/p/a-affect)

