

## Microbiome Fiber

### DESCRIPTION

Microbiome Fiber delivers an excellent source of natural dietary fiber that supports bowel regularity and provides prebiotic benefits for gastrointestinal health. This soluble and low fermentable fiber is a partially hydrolyzed guar gum that is well tolerated and suitable for a low-FODMAP diet. It is also tasteless and colorless, allowing for versatile use. †

### INDICATIONS

- Clinically proven for bowel regularity and healthy stool consistency†
- Promotes a healthy intestinal microbiome and growth of beneficial gut bacteria†
- Supports glycemic control and satiety†

### FUNCTIONS AND MECHANISM OF ACTION

The composition of human gut microbiota transforms over time with age, diet changes, stress, and exposure to unwanted microbes, as well as overall health changes. Intestinal bacteria also play a role in synthesizing vitamin B and vitamin K, as well as metabolizing bile acids, sterols, and xenobiotics. Sunfiber® research has shown that as a prebiotic fiber, hydrolyzed guar gum can increase both Bifidobacteria and Lactobacillus species in the colon while inhibiting growth of harmful bacteria, supporting a healthy gut microbiota. These healthy bacteria are primarily responsible for producing short-chain fatty acids (SCFAs) such as acetic acid and butyric acid, which are then absorbed by the host as a form of energy. The systemic importance of the SCFAs and other compounds they produce is similar to that of hormones, and the gut flora itself appears to function like an endocrine organ, signaling satiety and regulating energy consumption. Sunfiber® helps moderate the glycemic index and post-prandial hunger by supporting the feeling of satiety. Guar gum does not cause osmotic diarrhea due to its large molecular weight which balances the absorption of fluid in the colon. Studies also show that motility, frequency and consistency of stool is supported with daily consumption. †

This highly adaptable fiber is soluble in water, as well as colorless, tasteless, and gluten free. The physical properties make it suitable for a wide range of applications, including water, smoothies, juices, powdered drinks, hot beverages, yogurts, cereals and bakery products. This product is approved for use with low-FODMAP diets. FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols, which are short-chain carbohydrates and sugar alcohols that may be poorly absorbed by the body, resulting in abdominal pain and bloating. †

### FORMULA (#57732P)

1 scoop (~6.6 g) contains:

Calories .....	13
Total Carbohydrate.....	6 g
Dietary Fiber .....	5.6 g
Sodium (from fiber).....	67 mg
Other Ingredients: Sunfiber® (partially hydrolyzed guar gum).	

### Non-GMO, Gluten Free

Sunfiber® is a registered trademark of Taiyo International, Inc.



### SUGGESTED USE

Adults take 1 scoop daily or as directed by a health professional. Dissolve powder in beverage of choice or add to food.

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### SIDE EFFECTS

Abrupt increases of fiber in the diet may cause gastrointestinal changes.

### STORAGE

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

### REFERENCES

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**For more information on Microbiome Fiber visit [douglaslabs.com](http://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.

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