

Fiber Powder

DUOLIFE Fiber Powder is a dietary supplement in the form of sachets, containing a complex of soluble dietary fiber from as many as 4 sources (in the form of branded ingredients) as well as a proprietary, branded nucleotide formula with the yeast *Saccharomyces cerevisiae*. The preparation is composed of the highest quality raw materials of natural origin and is a very rich source of dietary fiber. The valuable properties of the ingredients contained in the dietary supplement have been documented by clinical studies.



When to use DUOLIFE Fiber Powder?

Dietary fiber has a very important nutritional function, although it is not digested in the digestive tract and is not absorbed into the bloodstream. It supports many metabolic and physiological processes in the human body and is classified as one of the so-called PREBIOTICS.¹⁻⁵

DUOLIFE Fiber Powder dietary supplement is intended to be used to support optimal body functions in the case of:

- ▶ improve the functioning of their digestive tract;
- ▶ alleviate constipation;
- ▶ alleviate digestive problems related to disorders of the natural intestinal microflora or inflammatory problems;
- ▶ maintain optimal large intestine health;
- ▶ follow the LOW FODMAP diet (explanation later in the sheet);
- ▶ maintain a normal weight and facilitate weight loss, with a product that helps to reduce appetite and ensure a prolonged feeling of fullness;
- ▶ lose body fat;
- ▶ maintain normal blood glucose and cholesterol levels;
- ▶ support optimal blood vessel health and normal blood pressure;
- ▶ support the functioning of the immune system;
- ▶ help cleanse the body of accumulated toxins;
- ▶ support the proper functioning of the gallbladder;
- ▶ alleviate heartburn;
- ▶ support optimal absorption of mineral ingredients from the gut;
- ▶ support optimal antioxidant processes.

How does DUOLIFE Fiber Powder work and how to use the product?

DUOLIFE Fiber Powder is a composition based on a very high content of soluble, branded dietary fiber: NUTRIOSE^{®*}, SUNFIBER^{®**} and INAVEA[™] BAOBAB ACACIA^{***} as well as a proprietary formula of the yeast *Saccharomyces cerevisiae* – IMMUNEL^{™***}, standardized for 60% content of nucleotides, which promotes the proper functioning of the immune and digestive system.

**DUOLIFE Fiber Powder – directions for use:**

Adults and children over the age of 12: Pour 1–2 sachets a day into food or a beverage and mix thoroughly. Consume immediately after preparation. It is recommended to drink an additional glass of water or another beverage. Do not exceed the recommended maximum daily serving.

Children aged 6 to 12 as well as pregnant and breastfeeding women: The product can be used after prior consultation with a doctor. It is recommended to take 1/4–1 sachet a day, depending on the age of the person taking the supplement and doctor's recommendations.

The product is not intended for children under the age of 6.

The product should always be taken with the proper amount of fluids, as insufficient fluid intake may cause constipation.

Leave **a gap between taking medications and taking a serving of fiber**, as fiber-rich food may reduce the absorption of medications from the gastrointestinal tract.

It is recommended to use medications 1 hr before or at least 2 hrs after consuming fiber.

The product can be used, for example, to thicken soups or sauces and baked goods.



Ingredients: NUTRIOSE®* – a proprietary formula of soluble corn fiber, SUNFIBER®** – a proprietary formula of soluble fiber made from Indian guar beans (*Cyamopsis tetragonolobus*) fiber (galactomannan fiber), INAVEA™ BAOBAB ACACIA*** – a proprietary formula of soluble dietary fiber in the form of a blend of organic baobab (*Adansonia digitata*) fruit pulp and organic acacia (*Acacia Seyal*) gum, IMMUNEL™*** – a proprietary formula of the yeast *Saccharomyces cerevisiae* standardized for 60% nucleotide content.

* NUTRIOSE® is a registered trademark of Roquette Frères.

** SUNFIBER® is a registered trademark of Taiyo Kagaku Co., Ltd.

*** INAVEA™ BAOBAB ACACIA and IMMUNEL™ are trademarks of Nexira.

Ingredient contents in a daily serving of the product	1 sachet (10 g)	2 sachets (20 g)
NUTRIOSE®*	4.25 g	8.5 g
SUNFIBER®**	3.1 g	6.2 g
INAVEA™ BAOBAB ACACIA***	2.5 g	5 g
IMMUNEL™***	150 mg	300 mg
Total content of dietary fiber	8 g	16 g

Two DUOLIFE products containing fiber are available: DUOLIFE Fiber Powder and DUOLIFE Fiber – what is the difference between them?

DUOLIFE Fiber Powder supports the optimal functioning of the digestive tract, immune and nervous system. It is based on ingredients with significant prebiotic effects. It can be added to liquids or meals. It facilitates the LOW FODMAP diet.

DUOLIFE Fiber supports the proper functioning of the digestive tract and the absorption of other nutrients from the diet. It also helps to fight inflammation in the gut. It is prepared in liquid form for immediate consumption.

How much fiber do we consume, and how much should we consume?

According to the World Health Organization (WHO), the recommended daily intake of dietary fiber for adults should be 20-40 g⁶. The Food and Nutrition Institute in Poland suggests that adults should consume 30-35 g of fiber per day. Another daily intake recommendation is the consumption of 14 g of fiber per 1000 kcal per day¹. Meanwhile, the average daily fiber consumption in Poland in 2016 was only 15.4 g per perso⁷.

Scientific observations show that societies consuming a larger amount of dietary fiber (up to 30-40 g/d) have a lower percentage of digestive, circulatory and immune problems^{1, 7}.

DUOLIFE Fiber Powder is a rich source of soluble dietary fiber. What is the difference between soluble and insoluble fiber?

There are two groups of dietary fiber: soluble and insoluble, with slightly different physiological functions¹. Soluble fiber consists mainly of pectins, gums, plant mucilages, some hemicelluloses, beta-glucans and other water-soluble compounds.

Soluble fiber:

- ▶ swells in the gut when exposed to water and increases the density of the chyme;
- ▶ prolongs intestinal transit time;
- ▶ is a nutrient for beneficial gut bacteria, stimulating the development of the bacterial microflora of the large intestine (prebiotic effect);
- ▶ increases the feeling of fullness, helping to maintain a healthy weight and promoting weight loss;
- ▶ helps to maintain normal levels of cholesterol and triglycerides in the blood, supporting blood vessel function and optimal blood pressure; The effect of promoting the optimal functioning of the circulatory system is mainly shown by the soluble fiber group;
- ▶ assists in delaying the process of glucose absorption in the small intestine and reducing insulin secretion, which helps to normalize blood sugar levels;
- ▶ loosens the stool, which helps to prevent constipation;
- ▶ promotes the absorption of minerals from the gut;
- ▶ has a positive effect on the body's immunity.

Insoluble fiber mainly consists of cellulose and lignins. Its primary function is to support peristalsis of the digestive tract and increase stool mass.

What is the LOW FODMAP diet? Why do the ingredients of DUOLIFE Fiber Powder support the LOW FODMAP diet?

It is a diet with a beneficial low content of poorly absorbed and quickly fermenting short-chain carbohydrates with high osmotic pressure (such as lactose, fructose and polyols). As a result, it helps to maintain optimal digestive tract health, contributing to the minimization of ailments such as flatulence, bloating and intestinal discomfort, especially in people with irritable bowel syndrome or lactose intolerance.

The fiber-based formulas contained in the product: SUNFIBER^{®**}, NUTRIOSE^{®*} and INAVEA[™] BAOBAB ACACIA^{***} support the LOW FODMAP diet, because they are **slowly** fermented and gentle on the gut. The products of fiber fermentation are slowly released over time, so using SUNFIBER^{®**} along with NUTRIOSE^{®*} and INAVEA[™] BAOBAB ACACIA^{***} helps to minimize the flatulence and bloating associated with intestinal fermentation that is too fast (*Figure 1*).

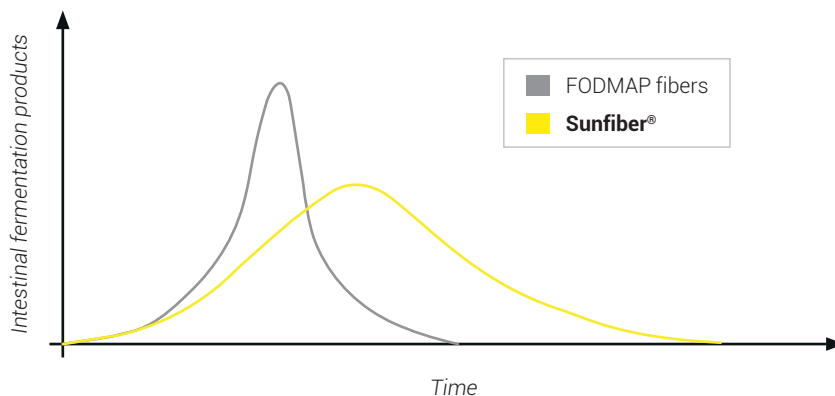


Figure 1: SUNFIBER® as a beneficial fiber in the LOW FODMAP diet.

What distinguishes NUTRIOSE®*, i.e. the proprietary formula of soluble corn fiber?

NUTRIOSE® fiber from corn does not demonstrate allergenic properties, unlike grain fibers. Thanks to the microgranular formulation, it has excellent stability and solubility, meaning that it can also be added to hot dishes, e.g. soups. Scientific reports have demonstrated a PREBIOTIC effect on the functions of the digestive tract and support of the circulatory system⁸⁻¹¹. **The clinical studies conducted for NUTRIOSE®** (conference reports) have also shown its beneficial effect on metabolic processes and on maintaining a normal weight. 75% of corn fiber undergoes **slow fermentation (and therefore gentle on the gut)** in the large intestine; at the same time, it is not digested by the bacteria present in the oral cavity and does not contribute to tooth decay. The formula has a low glycaemic index and a low caloric content (2 kcal/g).

SUNFIBER®** and INAVEA™ BAOBAB ACACIA*** promote the multiplication of beneficial gut microflora, supporting the action of the NUTRIOSE®* formula on the basis of synergy.

SUNFIBER® is an organic, partially hydrolysed gum made from Indian guar beans, based on galactomannan. **However, it is not identical to the widely used guar gum.** In contrast to "classic" guar gum, it has a lower molecular weight (20–50 kDa versus 300–8000 kDa for unhydrolyzed gum); therefore, it is characterized by a much lower viscosity (2000 times lower), which facilitates the preparation of a formula that is easy to consume and safe even in large servings. Moreover, unlike guar gum, it is obtained using a gentle enzymatic hydrolysis process at a low temperature (37°C) from only the endosperm of the seeds.

SUNFIBER® helps to maintain optimal functioning of the digestive tract and normal body weight¹²⁻¹⁶, as well as the multiplication of beneficial gut bacteria – *Bifidobacterium* and *Lactobacillus*, and the production of short-chain fatty acids in the large intestine (so-called postbiotics)¹⁷. As a result, it can support the functioning of the gut, immune and nervous system¹⁸. **The serving of SUNFIBER® contained in 1–2 sachets of DUOLIFE Fiber Powder is the recommended serving to maintain the health-promoting effects of the ingredient.**

INAVEA™ is a synergistic, fully organic branded blend of 2 sources of soluble dietary fiber from African plants: Seyal acacia and baobab.

A serving of 5 g/day of INAVEA™ (contained in 2 sachets of DUOLIFE Fiber Powder) shows a documented PREBIOTIC effect, **promoting the multiplication of beneficial gut microflora, particularly *Bifidobacterium*.** Additionally INAVEA™ **supports metabolic functions and helps the body to fight inflammation in the gut**¹⁹⁻²¹.

Both SUNFIBER® and INAVEA™ show all the properties of dietary fiber, have documented beneficial prebiotic effects and **support the LOW FODMAP diet.**

NUCLEOTIDES – an underrated component of a diet low in processed foods

The nucleotides contained in the **IMMUNEL™** formula are a source of important signalling and precursor molecules in the body, and can also be reused to build new nucleic acid molecules, which form part of the cell nuclei. They are a very important, still underrated, component of a diet low in processed foods²², **essential for the proper functioning of the immune and digestive system**²³⁻²⁴. Nucleotides from the *Saccharomyces cerevisiae* yeast can promote the regeneration of damaged cells and tissues of the digestive tract, supporting the body's non-specific immunity and the so-called intestinal barrier. **The recommended daily serving of IMMUNEL™ (300 mg) is contained in 2 sachets of DUOLIFE Fiber Powder.**

What distinguishes DUOLIFE Fiber Powder?

- ▶ **Ingredients of natural origin** with a very high content of soluble fiber;
- ▶ Composition based **on branded ingredients with clinically documented health-promoting effects;**
- ▶ As **many as 4 sources of soluble dietary fiber;**
- ▶ The product is **suitable for the LOW FODMAP diet;**
- ▶ **Perfect for cooking** – the product can be used, for example, to thicken soups or sauces and baked goods;
- ▶ **Synergistic** action of components;
- ▶ **Convenient form of use** – servings in sachets for direct addition to liquid or a meal;
- ▶ The product **CONTAINS NO artificial fillers and is GMO free;**
- ▶ The formula **contains no added artificial flavours and fragrances;**
- ▶ The product **is GLUTEN-FREE** – it is suitable for people with gluten intolerance;
- ▶ The product is **suitable for vegans and vegetarians.**



When you buy DUOLIFE Fiber and/or DUOLIFE Fiber Powder products, you support and contribute to the development of the World Healthy Living Foundation.

The WHLF implements diverse educational solutions with the help of experts to deliver publications, lectures and one-day practical workshops aimed at promoting health as a process that depends on our lifestyle and state of mind. The WHLF proves that we have complete control over our own health and that our everyday choices play a key role.

Use the Experts' knowledge and experience! You can find more info at: <http://www.whlf.eu>



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***i** The Fiber Powder references can be found on a separate binder sheet.*