

Feeling Stuck?



Move it with Fibre.

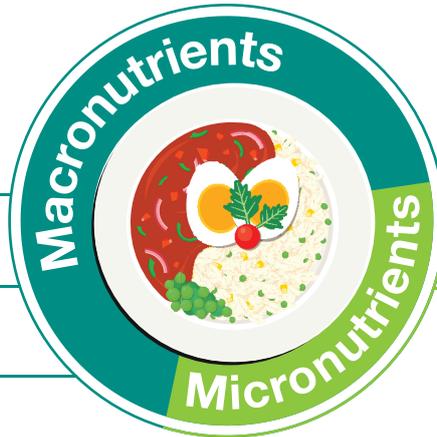
## Breaking Down the Basics

Fibre is a macronutrient. Macro (meaning large) nutrients are food categories one should consume in relatively large amounts.

**Carbohydrates**

**Protein**

**Fats**



Meanwhile, micronutrients are food categories the body needs in smaller amounts such as

**Vitamins**

**Minerals**

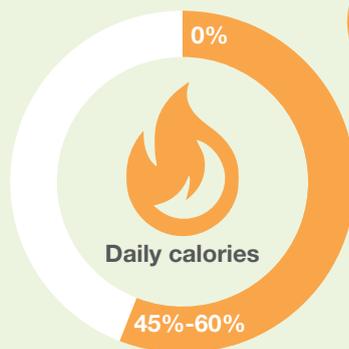
(e.g. calcium, iron & zinc)

But, how is fibre classified as a macronutrient? That's because it falls under the carbohydrate food category, specifically under the complex carbohydrate category.

## Carbohydrates

Carb makes up **between 45% and 60% of your daily calories** as it is the **main energy provider** for your body.

There are **3 main types of carbohydrates**:



**1 Sugar**  
The simplest form of carbohydrate and occurs naturally in some foods, including fruits, vegetables, milk and milk products. Types of sugar include fruit sugar (fructose), table sugar (sucrose) and milk sugar (lactose).

**2 Starch**  
A complex carbohydrate, meaning it is made of many sugar units bonded together. Starch occurs naturally in vegetables, grains, cooked dry beans and peas.

**3 Fibre**  
**Also a complex carbohydrate. It occurs naturally in fruits, vegetables, whole grains, cooked dry beans and peas.**



## Fibre

# Say Yes to this Carb

## FIBRE

A carbohydrate that doesn't break down into sugars when consumed. Instead, it simply passes through your digestive tract. There are two types of fibre - soluble fibre and insoluble

### Soluble Fibre

- gel-like substance
- soaks up water in your gut and softens stools for improved digestion
- prevents constipation and diarrhoea
- lowers cholesterol levels
- controls blood pressure
- controls blood sugar and helps improve blood sugar levels
- weight problems? it keeps you full and prevents snacking

### Food Sources

broccoli, carrots, barley, apples, pears, berries and bananas



### Insoluble Fibre

- adds roughage to digestion to prevent constipation
- helps maintain regular bowel movements
- keeps you full for longer

### Food Sources

whole grain foods, brown rice, nuts, seeds and dark leafy vegetables



### Recommended Fibre Intake (Daily)

The average adult should consume between **20g** and **30g** of fibre for optimal health (with an emphasis on between **7g** and **13g** of soluble fibre).



## Health Fact

The Malaysian Dietary Guidelines recommends that an **adult should consume**

**3**



servings of vegetable



**2**

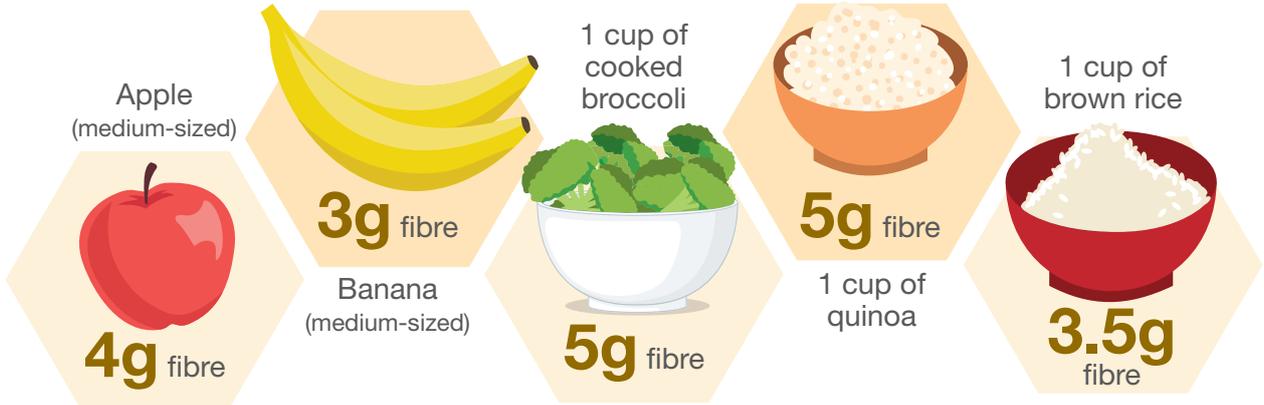


servings of fruits daily



# Are You Getting Enough Fibre?

In a day, do you perhaps consume



If you consumed all of the above, you would have had 20.5g of fibre

Think your fibre intake is enough?  
Got questions on how to increase your intake?



Before we get into that, let us learn how probiotic & prebiotic helps with your fibre intake.

## Probiotic & Prebiotic Know its Purpose

### Why does your gut need it?

- The food you eat may not be enough!
- Supplement your gut with probiotic to help enrich the gut microbial ecosystem and leave no space for bad bacteria to grow.
- In order to support the growth of beneficial bacteria in the gut, prebiotic is needed too.
- **All 3 types of soluble fibres** in the Nutrilite Mixed Fiber Powder are **prebiotics**.

Probiotic

No space for bad bacteria to grow

### DID YOU KNOW?

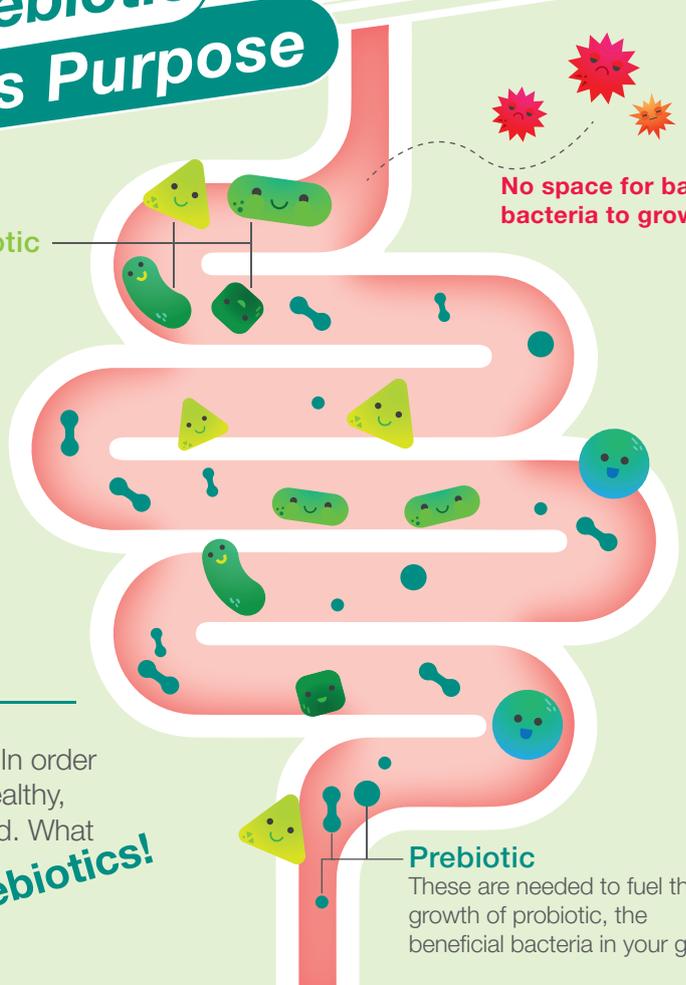
**70%**

of your immunity lies in your gut! In order to keep your digestive system healthy, both fibre and probiotic is needed. What helps probiotic function well?

**Prebiotics!**

Prebiotic

These are needed to fuel the growth of probiotic, the beneficial bacteria in your gut.



You Need **FIBRE**  
If You're

Overeating and have little control over food portions



Tackling weight problems



Constantly constipated



Having irregular blood pressure and blood sugar levels



Having irregular bowel movement



Having high cholesterol and triglyceride levels



**Nutrilite™  
Mixed Fiber Powder**

**Taste-free formula**

that is also non-gritty. Easily dissolve the powder in any food or drink.



**Trio soluble  
4.5g fibre blend**

that consists of:

Chicory root extract (inulin)



Digestive-resistant maltodextrin



Partially hydrolysed guar gum



These **3** ingredients are also **prebiotics**,

which functions to increase the level of healthy bacteria in the gut. Prebiotics are food for probiotics, to aid digestion.



**Pair it with Nutrilite or BodyKey supplements.**

For added health benefits, mix fibre with any of the following: Soy Protein Drink, Meal Replacement Shakes, PhytoPOWDER, Mixed Probiotic with Chicory Root Extract or take it as an add-on with your existing Mixed Fibre Chewable Tablet.



## What's the Difference?



### Mixed Fibre Chewable Tablet

VS

### Mixed Fiber Powder

Insoluble + soluble dietary fibre

Soluble dietary fibre

#### Insoluble fibre (750mg):

Sugarcane, oats, acerola cherries, wheat, soya, lemons, cacti, bran, barley, peas, apples and carrots.

#### Soluble fibre (200mg):

Acacia gum

#### FOS (750mg):

Prebiotics such as sugarcane and sugar beet.

#### Soluble fibre (4.5g)

1.5g each of:

- Chicory root extract (inulin)
- Digestive-resistant maltodextrin
- Partially hydrolysed guar gum

1.7g per tablet

4.5g per stick

3 times daily with meals

**1 stick, daily**  
Easy breezy convenient stick packs allow busy adults to incorporate fibre into their daily meals. Take 1-2 stick packs, daily.

Chewable

Add to water, juices, PhytoPOWDER, Meal Replacement Shakes or in meals. To help balance the gut microbiota, take the Fiber Powder with Mixed Probiotic with Chicory Root Extract.

Suitable for children **above 5 years old**

Suitable for children **above 12 years old**

**RM1.80/tablet**  
**RM5.40 – 3 tablets**

**RM5/stick (4.5g)**

**AP: RM108.00**

Consume 3 tablets per day (5.1g of fibre), 1 bottle of supply will last for 20 days.

TWO (2) bottles needed per month = RM 108.00 x 2 =

**RM216.00 per month**

**AP: RM150.00**

Consume 1 stick per day (4.5g of fibre), 1 box of supply will last for 30 days.

**You save RM66.00!**

**Only RM5 daily for 1 stick,**  
**30-day supply: RM150**



Choose the fibre that suits your lifestyle.

## Don't feel stuck. Stay smooth with fibre.

For more information and videos on fibre, please visit: [amway.my](http://amway.my) > Knowledge > Product Resources > Nutrition & Wellness

#### References

- <https://www.healthline.com/health/soluble-vs-insoluble-fiber#benefits>
- <https://www.healthline.com/health/food-nutrition/micros-vs-macros>
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- <https://www.diabetes.co.uk/nutrition/simple-carbs-vs-complex-carbs.html>
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**Disclaimer:** This document has not been evaluated by the Ministry of Health. This product is not intended to diagnose, treat, cure or prevent any diseases.