



# ALL NATURAL FIBRE FOOD AND DRINK MIX

For generations, fibre has been associated with regularity; scientific research supports this important dietary function of fibre as well as other significant health benefits. All Natural Fibre Food and Drink Mix is a tasty and convenient beverage providing 8 grams of soluble and insoluble fibre in each serving, and especially rich in oat fibre, which is shown by research to particularly support heart health.\*



Neolife Scientific  
Advisory Board

#2504 - 510g  
(18 servings)

## Why a Fibre and Food Drink Mix?

- The average person consumes only HALF the dietary fibre needed for long-term good health.
- Boosting fibre intake can help maintain regularity naturally, without habit-forming drugs.
- Increased fibre intake with meals can help you feel fuller and lose weight safely and naturally.

## Why All Natural Fibre Food and Drink Mix?

- **Complete fibre.** All Natural Fibre Food and Drink Mix features a blend of soluble and insoluble fibre from 12 natural, whole-food sources, including whole oats, fruits, and vegetables, because different types of fibre confer different health benefits.
- **Provides cellulose, hemicellulose, gum, lignin, and pectin** — all five types of dietary fiber necessary to maintain good health.
- **Concentrated and delicious.** Each serving of All Natural Fibre Food and Drink Mix provides 8 grams of dietary fibre, plus added protein, fructose and complex carbohydrates for good taste and smooth texture.

- **Exclusive Neo-Polyfibe.** Features soya polysaccharide (the “cellular matrix” of the heart of the soyabean), blended with specially selected whole oat and acerola cherry fibre.
- Each serving provides as much fibre as two apples.
- **Delicious alone, or mixed with favourite foods.** Convenient powder can be mixed with water for a low-fat, high-fibre drink, or added to favourite Neolife protein drinks and recipes to boost fibre content.
- **Naturally sweetened and flavoured.** Fructose provides wholesome good taste with no added sucrose; whole fruit and nut powders create delectable flavour and texture.
- Contains no corn or wheat proteins and no sulphites.
- Less than 1 gram of fat per serving, no cholesterol, and no added salt.
- **No artificial colours, flavours, sweeteners, preservatives, or sodium added.**
- Gluten Free

\*These statements have not been evaluated by the National Agency for Food and Drug Administration and Control (NAFDAC). This product is not intended to diagnose, treat, cure or prevent any disease.

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## **The convenient way to achieve a natural whole-food, high-fibre diet.**

Scientific research has shown that a diet low in saturated fat and cholesterol and high in fruits, vegetable and grain products that contain fibre may:

- Promote regularity
- Reduce your risk of heart disease by helping to lower blood cholesterol
- Contribute to a pleasant feeling of fullness

Each serving provides:

- **A rich source of dietary fibre.**
- **A balanced blend of soluble and insoluble fibres** from whole-foods.
- **Exclusive Neo-Polyfibe.** Unlike simple bran, Neo-Polyfibe can help absorb cholesterol from the intestine and carry it out of the body, without robbing trace minerals the way some other fibre products can do.

**DIRECTIONS:** Mix 1 scoop or 3 tablespoons (28g) with 250 ml milk or water or your favourite juice/beverage and blend well. Add All Natural Fibre Food and Drink Mix to your favourite NeoLife protein drinks (mix as directed). In your recipes for baked goods, sauces, pasta, casseroles, etc., add 2 or more tablespoons for a fibre boost.