



# Avini's +Fiber +Probiotic Health & Balance through the Digestive Tract



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I've written about Avini's Plus Fiber before – a clinically proven supplement that promotes healthy digestive function as well as improved lipid levels and blood sugar stabilization. Avini Health has now improved this amazing formulation with the addition of probiotic bacteria – adding claims for better digestion, reduced bloating, and greatly improved gut health.

When most people think about fiber supplementation, they only think about digestive motility and going to the bathroom. This is a very

narrow understanding of what fiber is, where we get fiber in our diet, and the amazing benefits of a high fiber diet from multiple sources. Fiber encompasses an array of substances indigestible by the human intestine, whereas: proteins, fats, and carbohydrates are usually digested easily and almost entirely absorbed in the small intestine. Dietary fiber consists of 'insoluble' and 'soluble' components. It's important to note that, in this case, solubility denotes the fiber's ability to be soluble in acid – not water. This means that the fiber can be at least partially broken down in stomach acid. We get fiber from fruits,



vegetables, nuts, and beans (legumes), as well as from grains. Different fibers do different things and may aid the body in many different ways.

Insoluble fiber is found in fruits, vegetables, and some nuts and beans. It forms the tough, chewy texture of foods like wheat kernels, nuts, celery, and popcorn and is found mainly in the cell walls in the form of strands that give support to plant tissue. Insoluble fiber adds bulk to the stool and may aid in overall digestive health and digestive motility. Insoluble fiber can also act like a scrub brush, cleaning the intestinal tract as it moves along.

Soluble fibers are found in grains and legumes and give the mushy texture to certain cereals. Soluble fibers can draw water to themselves (hydrophilic). They can also form jellylike masses that act partially as solids. Soluble fibers help reduce bowel transit time and have a lubricating effect on the intestine. Additionally, soluble fibers may help reduce cholesterol levels. There is also evidence to suggest that soluble fibers may help slow the absorption of glucose in the gastrointestinal system, thus reducing risks of diabetes.



**Avini's +Fiber +Probiotic** is a special fiber complex of Fibersol (digestion-resistant maltodextrins), oat fiber, apple fiber, carrot fiber, Fructo-Oligosaccharide (Inulin from chicory), and guar gum. The product also contains sodium bicarbonate and **Detoxolite™** (micronized and activated zeolite), is naturally flavored with orange powder, and naturally sweetened with monkfruit. Lastly, Avini has added three strains of lactobacillus and two strains of bifidobacteria as healthy organisms to promote digestion and gut health.



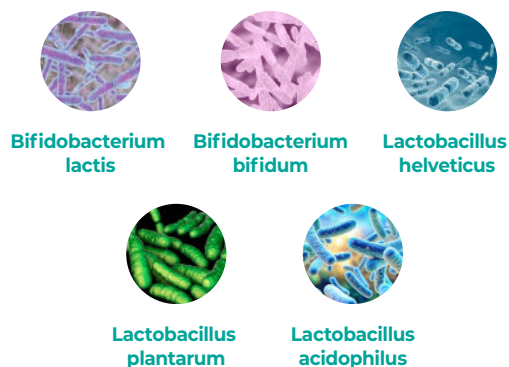
Taking **+Fiber +Probiotic** about 15 minutes before meals will yield the best benefits. The fiber will go into the stomach, where it forms a gel fiber matrix. This can help curb your appetite by giving you a pleasant, full feeling. Bile salts and bile acids are produced by the liver and help in the digestion of your food. Normally, those bile products are reabsorbed from the digestive tract, where they go into the liver and are used in the production of new cholesterol. When the gel fiber matrix is in your digestive tract, it can trap those bile products (bile acid sequestration). This prevents the reabsorption of the bile products and thereby prevents the creation of new cholesterol.

To replace the lost bile acids, cholesterol is drawn from the body, thereby reducing its cholesterol supply. In a further mechanism of cholesterol reduction, the fermentation process in the intestine produces short-chain fatty acids that can block the body's synthesis of cholesterol. Food will also move into and out of the gel fiber matrix but will not be trapped. This whole process delays the absorption of your food (delayed gastric emptying). This means that your food is absorbed slower over a longer period of time. This has the effect of providing higher nutrient value from your meal and prevents spikes in blood sugar levels. Over time, this will help stabilize blood sugar and has been shown clinically to reduce HbA1c, which is a measure of your average blood sugar levels over a three-month period. The inulin fiber in the product acts as a potent prebiotic. This feeds healthy microbes in the digestive tract to balance intestinal





flora. This greatly prevents any gas or bloating that many people experience when using fiber products. Adding sodium bicarbonate aids in making the gel fiber matrix larger, increasing its ability to trap bile products. This is also the **ONLY** fiber product in the world that contains our **Detoxolite™** micronized and activated zeolite. The **Detoxolite™** further aids in improving the health of the digestive tract by removing toxins and heavy metals. It also acts as a nutritional enabler by removing toxins that compete for absorption with healthy compounds and minerals.



The addition of Lactobacillus helveticus, Lactobacillus plantarum, Lactobacillus acidophilus, Bifidobacterium lactis, and Bifidobacterium bifidum helps improve digestive function and prevent dysbiosis. The Lactobacillus works primarily throughout the small intestine, where it helps

synthesize and utilize nutrients, boost immunity, and protect against toxins. The Bifidobacterium works primarily in the colon, where it helps regulate other microorganisms, produces vitamins, and aids in colon function; thus reduces risks of bloating, gassiness, and diarrhea. Each serving provides 10 billion colony forming units (CFU).

The **+Fiber +Probiotic** is also clinically proven to: reduce LDL cholesterol, raise HDL cholesterol, help balance blood sugar levels, reduce HbA1c, lower triglycerides, reduce apoB, and improve digestive motility. With the addition of five strains of healthy gut bacteria, the **+Fiber +Probiotic** will aid in better nutrient utilization, reduced bloating and gassiness, as well as improved digestive motility (better bathroom breaks).

**Avini's +Fiber +Probiotic is, by far, the best fiber supplement on the market. Healthy digestive function, lower cholesterol, appetite control, stabilized blood sugar, improved balance of flora and fauna, removed toxins, and improved cardiovascular health, all in a delicious zero-calorie drink. ENJOY!**



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