

Your Natural Solution to Better Health

You've heard about it and you've probably read about it. Now your doctor is recommending it—a high-fiber diet. The truth is, most Americans consume only about half the fiber they need each day. Adding fiber to your diet isn't always easy, but a high-fiber diet can provide long-term health benefits to you and your family. These benefits involve healthy cholesterol and glucose levels, improved regularity and a healthier heart.

Fiber stimulates the wavelike contractions that move through the intestines. For most individuals, the average intake of natural fiber from whole grain, oats, beans and fruit is 10-20 grams a day. Doctors recommend that the daily consumption of fiber should be 25-35 grams per day.

As soluble fiber passes through the gastrointestinal tract, it binds to dietary cholesterol, helping the body to eliminate it. There is also some evidence that soluble fiber can slow the liver's manufacture of cholesterol, as well as alter low-density lipoprotein (LDL) particles to make them larger and less dense. Researchers believe that small, dense LDL particles pose a bigger health threat.*

4Life's Fiber4Life is a convenient source of high quality fiber developed to help you improve your daily fiber intake and increase your overall health. Fiber4Life also contains the patented Transfer Factor E-XF, also found in 4Life Transfer Factor Advanced Formula, providing a powerful immune boost to keep you going strong each and every day. Fiber4Life is available in two convenient forms: a canister for easy preparation at home and single-serving packets for the on-the-go lifestyle.

Key Points

- Healthy Cholesterol Levels:** Dietary fiber is found in two equally important forms, soluble and insoluble. Soluble fiber dissolves easily in water and forms a soft gel as it absorbs water in the intestinal tract. Insoluble fiber does not dissolve in water and provides a bulking effect that expands in and cleanses the colon. Fiber4Life is an excellent source of daily dietary fiber. Extensive research has shown that a well balanced diet including 25-35 grams of fiber per day combined with regular exercise promotes healthy cholesterol levels.
- Healthy Glucose Levels:** Alpha Lipoic Acid used in conjunction with Banaba leaf extract may help regulate glucose levels which may promote weight-loss, appetite suppression and reduce sugar cravings.*
- Transfer factors:** One of the strongest forces in nature for transferring and ensuring good health, transfer factors have taken their place in the forefront of nutritional science. Transfer factors are tiny molecules that transfer immunity information from one entity to another, such as between a mother and her infant who she breastfeeds. Transfer factors educate your naïve immune cells about a present or potential danger in your body along with a plan for action. Although the most notable function of these smart molecules is to speed up the recognition phase of an infection, making the duration of an illness shorter, they also promote the immune system's ability to remember past invasions, allowing your body to more quickly respond to similar health threats.

Developed exclusively by 4Life using patented and patent-pending technology, our E-XF proprietary blend calls upon the knowledge of two sources, providing an enhanced combined effect of transfer factors from both cow colostrum and chicken eggs. Research shows that the immune-building effects of this transfer factor blend are more potent than that of colostrum or egg sources alone.

Did you know?

A study published in the October 27, 1999, issue of JAMA found that fiber-eating young adults had lower cholesterol levels, lower blood pressure and were less likely to be overweight or develop diabetes.

The FDA recognized fiber's importance by requiring it to be listed on the Nutrition Facts panel of food labels along with other key nutrients and calories. And, based on scientific evidence, the agency has approved certain claims related to fiber intake contributing to lowered risk of coronary heart disease.

A fiber-rich diet can contribute to healthy weight levels. Because fiber is largely undigestible and cannot be absorbed, it provides few calories. And, because of fiber's bulking action it tends to be more filling than other foods—so people tend to eat less.

A Harvard School of Public Health study, published in the February 12 issue of JAMA, suggests that a high-sugar, low-fiber diet more than doubles women's risk of Type II diabetes.

Technical Points

- Contains 8 grams of soluble (7g) and (1g) of insoluble fiber derived from healthful soy sources.
- Contains Transfer Factor E-XF; a patented and proven supplement that promotes superior immune system strength.*
- Fiber4Life is low in calories and contains no sweetener, making it an excellent high-fiber, low-fat dietary supplement.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease. For use in the United States.



CANISTER

DIRECTIONS: Add one (1) scoop of Fiber4Life to 7-10 oz. of water or more. Stir or shake well using the 4Life® shaker cup (not included). Drink immediately. Fiber4Life is best utilized if consumed approximately 15 minutes before a main meal.

Serving Size: One (1) scoop (12g)
Servings Per Container: 30

BOX WITH PACKETS

DIRECTIONS: Mix the contents of one (1) packet with 7-10 oz of water or more. Stir or shake well. Drink immediately. Fiber4Life is best utilized if consumed approximately 15 minutes before a main meal.

Serving Size: One (1) packet (12g)
Servings Per Container: 30

Supplement Facts

Amount Per Serving		DV%
Calories	40	
Calories from Fat	0	**
Total Fat	0 g	**
Total Carbohydrate	10 g	3% †
Dietary Fiber	8 g	32% †
Soluble Fiber	7 g	
Insoluble Fiber	1 g	
Sugars	0 g	
Vitamin A (75% from beta carotene, 25% from palmitate)	1,000 IU	20%
Vitamin C (as ascorbic acid)	102 mg	170%
Vitamin D	24 IU	6%
Vitamin E (as d-alpha tocopheryl acetate)	6 IU	20%
Thiamin (as thiamine mononitrate)	300 mcg	20%
Riboflavin	340 mcg	20%
Niacin (as niacinamide)	4 mg	20%
Vitamin B6 (as pyridoxine hydrochloride)	400 mcg	20%
Vitamin B12 (as cyanocobalamin)	1.2 mcg	20%
Biotin	60 mcg	20%
Zinc (from zinc amino acid chelate)	3 mg	20%
Selenium (as selenomethionine)	14 mcg	20%
Chromium (from chromium polynicotinate amino acid chelate)	100 mcg	80%
Sodium (from salt)	40 mg	1%
Transfer Factor E-XF™	100 mg	**
A patented concentrate of transfer factors and other natural components from cow colostrum		
Alpha Lipoic Acid	10 mg	**
Lagostoemia speciosa L. (Banaba plant extract)(leaf)(1% colosolic acid)	4 mg	**

†Percent Daily Value is based on a 2,000 calorie diet
**Daily Value (DV) not established

Other Ingredients: fiber blend (maltodextrin fiber, soy fiber, cellulose gum, arabinogalactan), maltodextrin, citric acid, salt, inulin, beta carotene, soy extract, stevia extract, potato maltodextrin

Ordering Information

Canister

- Item # 13024 - 30 servings
- Item # 13025 - 12 for the price of 11

Box with Packets

- Item # 13020 - 30 packets
- Item # 13021 - 12 for the price of 11

Shaker Cup

- Item # 90027 - single cup
- Item # 90028 - 6/pk