FIBER PERFECT™

Maintaining a balanced life in this modern day jungle may seem impossible at times. Tight schedules, overwork, and inappropriate food choices makes it challenging to achieve optimal health. One component of total well-being is efficient intestinal elimination of wastes and toxins. Dietary fiber, as well as beneficial bacteria and their metabolites, are essential for normal gut function. Certain herbs also aid in this regard. Nonetheless, the majority of Americans eat only about 10 grams of fiber a day, with limited amounts of beneficial bacteria in their diets.

Fiber Perfect™ can make the task of health maintenance a little easier. This comprehensive patented formula (U.S. Patent No. 6,086,886) provides fiber, beneficial metabolites from probiotic bacteria, chlorella, and other botanicals. **Fiber Perfect™** aids in intestinal elimination of wastes and toxins, supports microflora balance, and promotes bowel regularity.

Regular Elimination Is Crucial for Overall Health

The number of unhealthful compounds that make their way into, and are produced in, the colon on a daily basis is immense. Even the most benign organic substance, such as the remnant of a digestive secretion, can be converted into a secondary bile acid, polyamine, or some other chemical that can promote abnormal cellular growth. Clearly, the most critical means of dealing with toxic compounds is to eliminate waste from the colon on a regular and frequent basis. Frequent elimination reduces the amount of time that toxins can act on the cells lining the colon.

Patented **Fiber Perfect™** is the gentle solution for occasional bouts of irregularity. It is the safe and easy-on-you-system helper for a sluggish bowel system. **Fiber Perfect's** synergistic blend of fibers, botanicals, beneficial bacterial metabolites and chlorella is formulated to protect and detoxify while maintaining intestinal health and function.

Fiber Perfect™ contains dietary fibers, Yaeyama chlorella (the highest premium quality chlorella), and the botanicals rhubarb root, slippery elm bark, dandelion, fennel seed, ginger root, and peppermint leaves. These carefully selected ingredients coat and protect the intestinal lining, enhance digestion, enhance muscular contraction responsible for bowel elimination (peristalsis), and bind toxins. **Fiber Perfect™** gently promotes elimination while helping to detoxify the bowel.

The Trouble with Toxins

The colon (large intestine) is a virtual 24-hour-a-day manufacturing plant for toxic substances. It's also a dumping ground for the toxic end-products that are the result of ongoing metabolic processes throughout the body.

Toxins damage healthy cells and tissues. Some toxins can cause irritation and inflammation, while others have been linked to abnormal cell proliferation in the colon.

Although toxins typically pose more of a long-term threat, a condition called autotoxicity can produce far more immediate effects. Infrequent elimination and overgrowth of harmful organisms in the colon can cause toxin accumulation. When toxins are not expelled from the body by the bowel, they can be absorbed through the intestinal lining and carried to the liver, where they are broken down. If the toxin accumulation is too great, it can overwhelm the liver, causing the release of toxins into the general blood circulation.

Fiber Perfect™ is the ultimate ally for fighting this battle. Its tactical ingredients promote regular bowel elimination, colon detoxification, and the growth of beneficial microflora, while discouraging putrefactive bacterial growth.

Beneficial Intestinal Microflora for a Healthy Colon

One of **Fiber Perfect's** primary ingredients in Inuln-FOS, a proven prebiotic (prebiotics are preferred food sources for beneficial colon bacteria and selectively simulate their growth). *In vitro* and *in vivo* studies have demonstrated the effectiveness of Inulin-FOS in promoting the growth of bifidobacteria. Some studies indicate that Inulin-FOS may promote the growth of lactobacilli as well.

The colon is home to a varied mix of organisms. The dominant beneficial bacteria in the colon are bifidobacteria. When these bacteria are present in the colon in sufficient numbers, they support the health of the intestinal lining and discourage growth of harmful organisms. How do they accomplish this? Essentially, these bacteria produce by-products that acidify the colon lining. Many harmful bacteria and fungi - such as *Candida albicans* cannot grow in an acidic environment. Bifidobacteria also produce short-chain fatty acids. Short-chain fatty acids provide a direct source of nourishment for colonic enterocytes (cells which form the intestinal lining).

An added benefit of bifidobacteria and lactobacilli, evidenced by numerous studies, is the ability to reduce the presence of putrefactive enzymes. **Fiber Perfect™** also contains Metabolin™, a mix of metabolites from propionic bacteria, such as lactic acid and propionic acid (a short-chain fatty acid), plus cell wall fragments that stimulate the immune system. The probiotic components of Metabolin provide an added boost of bacteriocin, a protein peptide compound that can inhibit putrefactive bacteria and support immune function for a healthier colon.

Usage

Take 3-6 capsules approximately 1/2 hour before breakfast with a full glass of water. You may repeat 3-6 capsules approximately 2 hours after dinner, again with a full glass of water. Begin with fewer capsules and increase gradually as needed, or as directed by your qualified health consultant. Fiber products must be taken with adequate water.

References

Young RW, Beregi JS Jr. Use of chlorophyllin in the care of geriatric patients. *J Am Geriatr Soc.* 1980 Jan;28(1):46-7.

Ashraf W, Park F, Lof J, Quigley EM. Effects of psyllium therapy on stool characteristics, colon transit and anorectal function in chronic idiopathic constipation. *Aliment Pharmacol Ther.* 1995 Dec;9(6):639-47.

Roberfroid M. Dietary fiber, inulin, and oligofructose: a review comparing their physiological effects. Crit Rev Food Sci Nutr. 1993;33(2):103-48. Review. Erratum in: *Crit Rev Food Sci Nutr.* 1993;33(6):553.

Campbell JM, Fahey GC Jr, Wolf BW. Selected indigestible oligosaccharides affect large bowel mass, cecal and fecal short-chain fatty acids, pH and microflora in rats. *J Nutr.* 1997 Jan;127(1):130-6.

Kleenhammer TR. Bacteriocins of lactic acid bacteria. *Biochimie.* 1988 Mar;70(3): 337-49. Review.

Pool-Zobel BL *et. al.* Lactobacillus- and bifidobacterium-mediated antigenotoxicity in the colon of rats. *Nutr Cancer.* 1996;26(3):365-80.

Aguilar-Nascimento JE, Franca-da-Silva LR, De-Oliveira AF, Gomes-da-Silva MH. Enhanced mucosal re-epithelialization induced by short chain fatty acids in experimental colitis. *Braz J Med Biol Res.* 1999 Aug;32(8):961-6.

Butel MJ, Roland N, Hibert A, Popot F, Favre A, Tessedre AC, Bensaada M, Rimbault A, Szylit O. Clostridial pathogenicity in experimental necrotising enterocolitis in gnotobiotic qualis and protective role of bifidobacteria. *J Med Microbiol.* 1998 May;47(5):391-9.

Wollowski I, Ji ST, Bakalinsky AT, Neudecker C, Pool-Zobel BL. Bacteria used for the production of yogurt inactivate carcinogens and prevent DNA damage in the colon of rats. *J Nutr.* 1999 Jan;129(1):77-82.

Sghir A, Chow JM, Mackie RI. Continuous culture selection of bifidobacteria and lactobacilli from human faecal samples using fructooligosaccharide as selective substrate. *J Appl Microbiol.* 1998 Oct;85(4):769-77.

www.Jarrow.com

• Encourages intestinal microflora balance
• Helps intestinal detoxification
• Promotes normal bowel function
• Patented formula contains fibers, botanicals, and beneficial microflora

For a Healthier Colon

FIBER PERFECT™

Superior Nutrition and Formulation℠

Jarrow FORMULAS®

Supplement Facts

Serving Size 5 Capsules Servings Per Container 30

Amount Per 5 Capsules		% DV
Fiber Blend	2 g	8%
Psyllium (*Plantago ovata*), Beet fiber (*Beta vulgaris*)		
Inulin-FOS (*Cichonium intybus*)		
Beneficial Bacteria metabolites		
Metabolin™ (Metabolites of *Propionibacterium shermani*)	60 mg	*
Green Algae		
Chlorella (*Chlorella vulgaris*) Yaeyama	100 mg	*
Proprietary Blend of Botanicals	1110 mg	*
Fennel seed (*Foeniculum vulgare*), Rhubarb root (*Rheum palmatum*) (Extract), Ginger root (*Zingiber officinale*) (freeze dried), Slippery elm bark (*Ulmus rubra*), Dandelion (*Taraxacum officinale*), Peppermint leaves (*Mentha piperita*).		

* Daily Value not established.

Superior Nutrition and Formulation℠ by
Jarrow FORMULAS®
Los Angeles, CA 90035-4317
www.Jarrow.com

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

© 2006 Jarrow FORMULAS®

U.S. Patent 6,086,886

Jarrow FORMULAS®