

Superior Fiber Blend

Product Reference Sheet



The Most Beneficial & Best-Tasting Fiber Product on the Market.

This whole-food drink mix is scientifically formulated to help you maintain healthy cholesterol levels and support a healthy colon.* Clinical research has shown that fiber and plant sterols can reduce cholesterol 15-20%. Waiora's **Superior Fiber Blend** is the only fiber product that contains an effective dose of plant sterols and fiber to help maintain healthy heart function.*

Key Benefits

- Reduces the risk of cardiovascular disease.*
- Helps lower cholesterol.*
- Minimizes absorption of (bad) cholesterol.*
- Helps maintain HDL (good) cholesterol or triglycerides.*
- Stabilizes healthy blood sugar (glucose) levels.*
- Promotes healthy cardiovascular and digestive systems.*
- Supports a healthy colon.*
- Prevents constipation and potential complications.*
- Stimulates the growth of healthy bacteria.*

Help Lower Your Cholesterol Naturally with Superior Fiber Blend!

The American Heart Association and the American Dietetic Association recommend a healthy diet include 25 – 35 grams of fiber each day. Contrary to popular belief, fiber does more than simply maintain healthy regularity. It also contributes to superior mineral absorption, reinforces immunity, supports a low carbohydrate lifestyle, maintains healthy cholesterol levels, stabilizes body weight and promotes healthy digestive function. High intake of dietary fiber has also been linked to a lower risk of heart disease. In a Harvard study, researchers found that a high total dietary fiber intake was linked to a 40 percent lower risk of coronary heart disease.

Your cardiovascular risk can be further reduced by the addition of plant sterols. According to the International Food Information Council (IFIC), the cholesterol-lowering potential of plant stanols and sterols has been known for over 50 years. Newer products, much like the Superior Fiber Blend, have plant sterols that have been modified to form esters which have shown consistent LDL (bad) cholesterol-lowering effects. In the ester form and in the appropriate quantities, plant sterols/stanols inhibit the absorption of cholesterol in the small intestine by up to 50 percent, which can in turn lower cholesterol by up to 14 percent.



Cannister (60 Servings) Net Wt. 22.6 oz (648 grams)
Item No. 2001 (Original) • Item No. 2020 (Natural)

Packets (30 Servings) Net Wt. 11.34 oz (324 grams)
Item No. 2030 (Natural only)

Supplement Facts

Serving Size: 1 Scoop (10.8 g)
Servings Per Container: 60

	Amount Per Serving	% Daily Value*
Calories	20	
Calories from fat ⁵		1%
Total Fat	.5 g	
Trans Fat	.0 g	†
Total Carbohydrate	6g	2%
Dietary Fiber	5g	20%
Soluble ³	g	
Insoluble ²	g	
Vitamin C (as Ascorbic Acid) ⁶	0m g	100%
Vitamin E (as Vitamim E Acetate)	30 IU	100%
Plant Sterols	82 g	†
Beta-Sitosterol	325 mg	†
Campesterol	160 mg	†
Stigmasterol	120 mg	†
Inulin	500 mg	†

* Percent Daily Values are based on a 2000-calorie diet.
† Daily Value not established.

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Fiber blend (Oat Fiber, Guar Gum, Carrot Fiber, Resistant Maltodextrin, Inulin, Sugar Cane Fiber, Arabinogalactan, and Citrus Pectin), Maltodextrin, Plant Sterol Esters, Natural Flavors, Medium Chain Triglycerides, Citric Acid, Malic Acid, Stevia Extract, Ascorbic Acid, Vitamin E Acetate and Beta Carotene.

Testimonial

“In December 2004, my total cholesterol was 275 and my bad cholesterol (LDL) was 196. Eight weeks after starting Superior Fiber Blend, my LDL dropped to 142 and my good cholesterol (HDL) increased from the low 30s to 44. My doctor is amazed and so am I.”

—Mike S., OR[†]