

# PaleoFibre®

Paleo and vegan-friendly fibre



Oral Powder



5 g =  
1 level scoop

## OVERVIEW

PaleoFibre® is an unflavoured, unsweetened powder that contains 12 different sources of soluble and insoluble fibre from fruits, vegetables, roots, tree gum and seeds; ensuring variety in your patients' diet and providing a great vegan and paleo-friendly solution to regular laxation and to help gastrointestinal function. This quality product also contains partially hydrolysed guar gum (PHGG) and prebiotics.

PaleoFibre® does not contain grains, legumes, preservatives or excipients and with only 11 calories and 0.9 g of carbohydrates per serve, your patients can rest assured PaleoFibre® will support their dietary choices.



Contains  
PHGG



12 Sources  
of Plant Fibre



Prebiotic  
Fibre



Paleo-Friendly



Free from  
Flavours, Colours,  
Sweeteners  
& Excipients

Active Ingredients (per 5 g serve)	
Acacia gum powder	Apple fibre powder
Bamboo fibre	Glucomannan powder
Guar gum	Flaxseed powder
Cranberry protein powder	Psyllium husk powder
Carrot powder	Apple pectin powder
Chicory root inulin	Prune fruit powder

Directions for Use
Add 1 level scoop of PaleoFibre® to water. Consume once or twice per day (to help regular laxation) or as directed by your health professional. Can also be mixed into foods such as yoghurt or cereals.

<b>Pack Size</b>	300 g
<b>Serving Per Pack</b>	60 serves

Allergen Information
No added: cereals, gluten, egg, milk, peanuts, soybean, legumes, tree nuts, honey or bee products.

Excipients
No excipients

Nutrition Information			
Serving per package: 60			
Serving size: 5 g			
	Per 5 g serve	%DI/ RDI*	Quantity Per 100 g
Energy	44 kJ	1%	879 kJ
	10 Cal	1%	210 Cal
Protein	0.2 g	0%	3 g
Fat, total	0 g	0%	0.7 g
- saturated	0 g	0%	0.1 g
Carbohydrate	0.7 g	0%	13.9 g
- sugars	0.1 g	0%	3 g
Fibre	4.2 g	14%	83 g
Sodium	12.4 mg	1%	247.1 mg

\*Based on average adult diet of 8700 kJ

Designed and packed in Australia from local and imported ingredients.

## EDUCATION

The paleo-diet, otherwise known as ‘paleolithic’, ‘hunter-gatherer’, ‘stone-age’ or ‘caveman diet’ is a reference to the types of foods commonly consumed approximately 2.5 million to 10,000 years ago by our human ancestors. These foods included lean meats, fish, fruits, vegetables, nuts and seeds — foods that in the past could be obtained by hunting and gathering. The paleo-diet also places emphasis on avoiding agricultural crops such as grains, refined carbohydrates, dairy foods and legumes.

Fibre dietary fibre is classified as the edible parts of plants that are resistant to the digestion and absorption in the small intestine, and can undergo complete or partial fermentation in the large intestine.<sup>2</sup>

In addition to fibre being resistant to digestion, there are a number of characteristics attributed to the properties of fibre that support the physiological function of the bowel. These characteristics include the fibres solubility, viscosity, ability to absorb water and bond molecules, and the ability to be fermented by intestinal bacteria.<sup>1</sup> Two well-known characteristics of fibre is its solubility or insolubility in water.

### Soluble fibre

Soluble fibre attracts and holds water in the gastrointestinal tract, which slows digestive emptying, and increases bulk and stool movement.<sup>1</sup> Soluble fibres that are fermented in the large intestine are known as prebiotics. Prebiotics generate short chain fatty acids, and support bowel flora.<sup>3</sup>

### Insoluble fibre

Fibre that does not dissolve in water helps to bulk up the volume of the stool and increase transit time, which supports regular laxation.<sup>1</sup>

### Partially hydrolysed guar gum

Guar gum is a soluble fibre from the seed of the guar plant *Cyamopsis tetragonolobus*, originally found growing in India and Pakistan. Guar gum is highly viscose in liquids, which proves difficult when its incorporated into foods. Through enzymatic hydrolysis, partially hydrolysed guar gum PHGG was developed to overcome the barriers of traditional guar gum. The benefits of PHGG is a less viscose, more soluble dietary fibre resulting in patient compliance, lower mineral binding capacity, and greater bacterial fermentation, and short-chain fatty acid production.<sup>4</sup>

*References supplied on request.*

Figure 1: Dietary fibre within the plant cell walls.

