

## Why is Standard Process Gastro-Fiber® Unique

Gastro-Fiber is a completely vegetarian product formulated specifically to provide additional fiber to any diet. Gastro-Fiber contains five different whole food and botanical ingredients, plus their synergistic cofactors to provide natural, fiber-based, dietary support for people of all ages.\*

## The Whole Food Difference

All Standard Process products are based on one simple belief—good health comes from good nutrition, and the best nutrients come from whole foods. Each supplement formula is built on this holistic paradigm. The different whole foods and herbs used in Gastro-Fiber provide a natural and consistent way for you to supplement your diet with natural fiber to promote good health.\*

### The Top 6 Benefits of Gastro-Fiber®

Gastro-Fiber can help replace dietary fiber that is often lost during the refining process of many of the foods we buy.

The fiber found in Gastro-Fiber supports a number of different gastrointestinal needs and provides indirect support in other physiological processes. The natural fiber in Gastro-Fiber helps:

- Cleanse the gastrointestinal tract
- Encourage a healthy intestinal environment
- Support and maintain gastrointestinal lining
- Stimulate proper gastric juice flow and peristalsis
- Maintain regular intestinal evacuation
- Support the natural cleansing activities of the liver\*



## The History & Principles Of Standard Process

Founded in 1929 by Dr. Royal Lee, Standard Process has been a leader in the field of natural whole food supplements for more than 75 years. Dr. Royal Lee believed that, "The quality of a whole food supplement is dependent on the quality of the manufacturing process." This remains the foundation of the Standard Process doctrine today. Owned and operated by relatives of Dr. Lee, Standard Process manufactures its supplements from start to finish at its facility located in the heartland of America: Palmyra, Wisconsin. Beginning at the company's 1,000 acres of farmland and continuing through the final stages of our unique processing, Standard Process provides the highest quality food supplements available.



800-848-5061  
www.standardprocess.com  
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## Gastro-Fiber®

Support for a Healthy Digestive System



## Support for a Healthy Digestive System

*We often hear that we should pay more attention to the amount of fiber we get in our diet, but do we really know what fiber is and why it is so good for us? Dietary fiber is a term used to identify non-digestible carbohydrate substances found in the cellular walls of plants. Dietary fiber has specific effects on different portions and processes of gastrointestinal function, depending on the structure and solubility of the components of specific fiber. For example, some fiber components influence how long it takes the foods we eat to travel through the intestines; other substances help regulate how much water the intestines absorb; still others are involved in fat metabolism.*

*Many fruits and vegetables are rich in fiber, and we are encouraged to include these items in our daily diet to help improve gastrointestinal mobility and maintain healthy levels of certain substances in the blood. Data suggests that the typical Western diet runs consistently low in fiber (approximately 12 grams per day) due to the high consumption of refined wheat flour compared to a lower intake of whole grains, fresh fruits, and vegetables. Gastro-Fiber is a vegetarian-formulated nutritional supplement that can add fiber to any diet.\**



## How Gastro-Fiber® Keeps You Healthy

### Cleanses the gastrointestinal tract

Psyllium is a highly-nutritious grain that helps cleanse and move the bowels. Psyllium is classified as a mucilage—a water-loving compound capable of trapping water inside its chemical structure to form a gel. Its natural stool-softening properties help prevent buildup of waste materials in the intestines.\*

### Encourages a healthy intestinal environment

Psyllium is a soluble fiber that acts as a prebiotic, making the intestinal climate inviting for beneficial organisms to thrive.\*

### Supports and maintains intestinal lining

Collinsonia has properties that help address gastrointestinal tract health. While collinsonia acts as an astringent to any mucosal surface, it also stimulates and tones the mucosal membranes in the gastrointestinal tract.\*

### Stimulates proper gastric juice flow and peristalsis

Collinsonia helps maintain proper digestion by encouraging gastric juice flow and stimulating peristalsis. Gastric juice helps break down foods in the stomach, while peristalsis helps move foods and ultimately waste materials through the intestines. Fennel seed helps maintain a healthy appetite.\*

### Helps maintain regular intestinal evacuation

Fenugreek seed contains substances that work as natural stool softeners to facilitate regular bowel movements. It also helps lubricate the intestinal lining and reduces mucus buildup.\*

### Enhances the cleansing activities of the liver

The water-soluble fiber from psyllium plus the pectin from apples work together to help cleanse the blood by encouraging healthy metabolic processes in the liver.\*

### Aids in the purification process

Provides additional fiber to the diet and offers digestive system support when participating in a purification program.\*

## The important physiological properties of Gastro-Fiber come from its wide variety of nutritive and nonnutritive functional compounds

### Phytotherapeutic properties

Tonification is a term used in phytotherapy that refers to the supportive properties of a particular herb or plant. Psyllium, for example, is well-recognized for its positive influence on the gastrointestinal tract. Fennel, classified as a carminative, helps relax and soothe spasms in the gastrointestinal tract by relieving gas buildup. Fenugreek is considered a demulcent with naturally-soothing properties and has essential oils to help lubricate the intestinal tract.\*

### Nutrient value

- Dietary fiber is considered a macronutrient and works in a number of ways to help the body regularly rid itself of wastes and toxins.
- Fennel seed contains calcium, essential oils, oleic acid, 7-hydroxycoumarin, and vitamin complexes A and C.
- Fenugreek seed contains essential oils, biotin, choline, folic acid, inositol, iron, lecithin, and vitamin complexes A, B, and D.\*

**Gastro-Fiber can be used to add fiber to any diet, or it can be used in the Standard Process purification programs. Please consult with a health care professional for more information on the benefits of purification.**