



FibreFit



FibreFit

More Soluble Fibre Than 10 Bowls of Oatmeal



Dietary Fibre: An Essential Part of a Healthy Diet

- Essential for good digestive health
- Found mainly in fruits, vegetables, whole grains and legumes
- Known to lower the risk of diabetes and heart disease





Soluble vs Insoluble Fibre



Soluble Fibre

- Dissolves in water to form a gel-like material
- Reduces the absorption of cholesterol in the bloodstream
- Found in whole oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium





Soluble vs Insoluble Fibre



Insoluble Fibre

- Promotes the movement of material through the digestive system
- Increases stool bulk
- Found in whole-wheat flour, wheat bran, nuts and vegetables





Health Benefits of a High-Fibre Diet

- Helps prevent constipation
- Lowers the risk of digestive conditions
- Helps lower blood cholesterol levels
- Helps control blood sugar levels
- Assists in weight management





Health Benefits of a High-Fibre Diet

- Assists in proper bowel function
- Helps reduce symptoms of chronic constipation, haemorrhoids and other digestive disorders
- Helps reduce the risk of certain types of cancer such as colon cancer
- Helps keep the digestive system runs smoothly, maintain a healthy weight and prevent life-threatening illnesses





Are You Getting Enough Fibre?

- With proper diet for average person: approximately 25-38 grams of fibre per day (or 10-13 grams per 1000 calories)
- At least 5-10 grams of which should be SOLUBLE fibre





Is a Bowl of Oatmeal Enough?



Or



- Beta-glucan is a special type of soluble fibre that helps lower elevated blood cholesterol levels and stabilises blood sugar level
- Found in whole grains like oats, oat bran and oatmeal
- Recommended Daily Intake: 3 servings of whole grains daily or 10 bowls of oatmeal... or simply take 3 sachets of FibreFit!

Add FibreFit To Your Diet



- 100% natural, organic soluble dietary fibre from Gum Acacia – a natural plant source high in soluble fibre, calcium and prebiotics
- Prebiotics – responsible for stimulating growth and activity of beneficial bacteria within the intestinal flora

Exclusively available from

QNET



FibreFit

- **NO** added sugar, **NO** artificial sweetener, **NO** colours, **NO** flavours or additives
- High in soluble fibre, calcium and prebiotics
- Tasteless, odourless and does not thicken
- Does not change the texture or modify the taste in a variety of foods



Food Source Fibre Comparison Chart*



3 sachets
(Daily dosage for adults**)



Soluble Fibre: 15.06 g



Serving Size: 1 bowl | Soluble Fibre: 1.4 g

More Soluble Fibre Than
10 Bowls of Oatmeal



Serving Size: 1 cup | Soluble Fibre: 2.4 g

More Soluble Fibre Than
6 Cups of Broccoli



Serving Size: 1 medium | Soluble Fibre: 1.0 g

More Soluble Fibre Than
15 Apples



Serving Size: 1 medium | Soluble Fibre: 0.34 g

More Soluble Fibre Than
44 Dried Prunes



Serving Size: 1 medium | Soluble Fibre: 1.1 g

More Soluble Fibre Than
13 Carrots

*Adapted from Anderson JW. *Plant Fiber in Foods*. 2nd ed. HCF Nutrition Research Foundation Inc, PO Box 22124, Lexington, KY 40522, 1990.

Exclusively available from

QNET



Food Source Fibre Comparison Chart*



3 sachets

(Daily dosage for adults**)

Soluble Fibre: 15.06 g



 Serving Size : 1 cup Soluble Fibre: 0.4 g	More Soluble Fibre Than 37 Cups of Blueberries
 Serving Size : 1 cup Soluble Fibre: 0.6 g	More Soluble Fibre Than 25 Cups of Red Cabbage
 Serving Size : 1 cup Soluble Fibre: 0.1 g	More Soluble Fibre Than 150 Cups of Iceberg Lettuce
 Serving Size : 1 slice Soluble Fibre: 0.3 g	More Soluble Fibre Than 50 Slices of Whole Wheat Bread
 Serving Size : 1 medium Soluble Fibre: 0.93 g	More Soluble Fibre Than 16 Dried Figs

*Adapted from Anderson JW. *Plant Fiber in Foods*. 2nd ed. HCF Nutrition Research Foundation Inc, PO Box 22124, Lexington, KY 40522, 1990.

Exclusively available from

QNET



How many sachets of FibreFit daily?

- **Adult:** 3 sachets per day
(2 sachets in the morning, 1 sachet in the evening)
- **Under 18 years of age:** 2 sachets per day (1 sachet in the morning, 1 sachet in the evening)

As your body adjusts to increase fibre intake, start with 1 sachet per day, increase to 2 sachets per day after 3 days, then 3 sachets per day after one 1 week



Suggested Applications



- Dissolves faster in warm liquids and is also soluble in cold water, fresh citrus juices, coffee, and milk



- To fully dissolve, add 1 or 2 sachets into your drink while stirring briskly



- Sprinkle on your meal to increase your fibre intake



Suggested Applications



- Highly heat resistant: Suitable for pastry and confectionary. Able to be used for baking breads and cakes. It keeps its nutritional properties intact during the process and throughout its shelf life



- To retain the integrity of this product, store in a cool dry place and see side of pack for expiry date



Take Note

- To retain the integrity of this product, store in a cool dry place and see side of pack for expiry date
- If you have intestinal problems or diabetes, consult your doctor before adding a fibre supplement to your diet



Take Note

- Ask your doctor or a pharmacist whether a fibre supplement may interact with any medications you take
- Halal Certified



QNET logo