

# Fibre and Herb

## ShapeWorks™ Core Essential

This scientifically advanced formula is derived from all-natural ingredients and is designed to aid safe and effective weight-control. Scientific and nutritional experts recommend an increased consumption of dietary fibre and a lower intake of saturated fats and calories, to help maintain health and regulate weight. This is particularly important on an increased protein diet.

### What is fibre?

Fibre is the indigestible carbohydrate residue found in foods. There are two types: soluble or insoluble. Soluble is soft and mushy – for instance beans and porridge; insoluble is hard and coarse, such as wheat bran.

### What good does fibre do?

A good intake of dietary fibre reduces the amount of time food spends in the intestinal tract. Dietary fibre can help speed up the passage of food and so assist in the removal of toxins and wastes from the body.

### What is the recommended daily amount?

25-35 grams or higher, is recommended. At present, the amount consumed in a typical European diet is just 12-15 grams. You would need to consume the equivalent of approximately 25 slices of wholemeal bread to consume 35 grams of fibre.



### What happens if not enough fibre is consumed?

Research shows that a lack of fibre in the diet is a factor in many health challenges.

### How can Fibre and Herb help?

It can help maintain the process of elimination and assist in the emulsification of fat for digestion.

Scientific and nutritional experts recommend an increased consumption of dietary fibre



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#3114

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