



▼ INGREDIENTS

Supplement Facts	
Serving Size: 15g	Servings per bottle: 30
Amount Per Serving	%Daily Value
Powerful Fiber Blend..... 12.5 g	*
Rice Fiber; Flax; Chia; Coconut (Tree Nut); Inulin	
Whole Food Fibers..... 2g	*
Organic Quinoa Sprout; Organic Millet Sprout; Organic Buckwheat Sprout; Organic Fenugreek Sprout; Carrot Fiber; Dried Prune Fiber; Fenugreek (Seed); Spirulina; Apple Fiber; Cranberry (Fruit)	
Probiotics	
Bacillus Coagulans..... 525,000,000	CFU*

Other Ingredients: Stevia (Leaf); Glucomannan; Natural Vanilla Flavors; Tic Gum; Sea Salt

▼ DOSAGE

- 1-3 scoops daily, or as directed.

▼ PACKAGING

- Powder Blend: 450g
(Large, eco-container with scoop).

▼ PERSPECTIVE

Fiber is actually an essential nutrient - the gut microbiome depends on it. Most people do not get enough fiber in their diets and this is directly correlated with poor motility, dysbiosis, and risk of disease. People who do not supplement with fiber often do not have properly functional intestinal health. Nutritionists advocate that everyone should supplement with fiber until such a point that their diet and/or supplemental regimen demonstrates the lightness, ease, and energy of not being digestively challenged.

▼ LIFESTYLE



#131 FBR (Fibers for Intestinal Health)

A unique, tasty powder blend of insoluble & soluble fibers, plus the power of herbs, whole food organic sprouts, and probiotics. It supports normal, healthy cardiovascular, colon & bowel function. FBR assists with healthy digestion and normal elimination of the body's metabolic waste products. Sprouted seeds provide nourishment and fiber to support normal blood sugar levels. A psyllium free product. This prebiotic food is absolutely essential for re-colonization and maintenance of beneficial probiotic species in the G.I. Tract, and helps maintain and proliferate beneficial colonies.

▼ INDICATIONS

- Intestinal health (gluten free)
- Bowel motility
- Glucose - normal regulation
- Help proliferate beneficial probiotics
- Dietary replenishment of missing fiber
- Cholesterol intestinal absorption balance

▼ KEY COMPONENTS

- **Rice Fiber** – Supports normal bowel motility and function. Rich in the antioxidant trace minerals, selenium and manganese, which support many life processes.
- **Flax** – Helps bowel regularity via fibers and Omega-3 fatty acids. Contains lignans - vegetable nutrients that support normal hormonal balance.
- **Chia** – Helps dislodge and eliminate old, accumulated wastes in the intestines. Rich in polyunsaturated fats, especially Omega-3 fatty acids. Helps with many intestinal and life processes via normal immune system activity and lipid synthesis.
- **Coconut** – Enhances cellular energy metabolic processes, provides healthy short- and medium-chain fatty acids (MCFAs) that are essential to good health. High in dietary fiber, low glycemic index, improves digestion, and supports absorption of other nutrients.
- **Quinoa Sprout** – High in fiber, source of insoluble and soluble fiber, complete protein (all 9 essential amino acids), contains plant-source nutrients necessary for healthy red blood cells and hemoglobin formation. Contains lysine which is essential for tissue growth and repair, rich in magnesium.
- **Buckwheat Sprout** – High in fiber, contains the eight essential amino acids, contains many minerals including phosphorus, magnesium, iron, zinc, copper and manganese, contains a rich supply of flavonoids, particularly rutin. Helps the body's normal regulation of glucose and blood lipids.
- **Fenugreek Sprout** – The wonders of fenugreek as a botanical nutrient include many far-ranging impacts: normal estrogen balance, support glucose balance, cognitive balance, and overall gastrointestinal support.
- **Carrot Fiber** – Soluble fiber calcium pectate, may help the body's normal regulatory processes regarding blood-cholesterol levels by binding with and eliminating bile acids triggering cholesterol to be drawn out of the bloodstream to make more bile acids.

- **Dried Prune Fiber** – Supports healthy digestive processes and gastrointestinal motility. Contains Vitamin K, copper and potassium. Supports normal carbohydrate metabolism.
- **Bacillus Coagulans** – A probiotic that survives the stomach acids and bile. Produces the preferred form of lactic acid (L+ optical isomer.)

▼ CONTRAINDICATIONS

None. Note: people with Small Intestinal Bacterial Overgrowth (SIBO) can experience gas, bloating, constipation, and/or loose stools from fiber until that health-impinging condition is corrected.

▼ CLINICIAN CONSENSUS

- General Intestinal Health Support:
#131 FBR - Fibers For Intestinal Health
#467 LGUT - Leaky Gut
#138 MBC - Microbiome Colonizers
#100 ABC - Acidophilus & Bifidus Complex

▼ BACKGROUND

As gastrointestinal health skyrockets in its importance to overall health, Dr. Shayne Morris created this broad spectrum, daily use, comprehensive fiber supplement to address G.I. Tract health, re-colonization and support of probiotic species, plus specific focus on metabolic health. It quickly became a favorite of people for its nutritional enhancements and a favorite of the gut microbiome for its sustaining and balancing factors.

▼ SYNERGISTIC CONSIDERATIONS

- **#467 LGUT** - Leaky Gut
- **#138 MBC** - Microbiome Colonizer
- **#100 ABC** - Acidophilus & Bifidus Complex
- **#404 BIND** -Toxin Elimination
- **#428 DSIR** - Intergen
- **#14 C** - Colon
- **#17 D** - Digest
- **#19 DB₁₂** - Digestive + Vitamin B₁₂
- **#745 Earth Tonify** - Warm the Center
- **#740 Earth Sedate** - Clear Congestion
- **#491, #492, #493, #494 VRM-1, 2, 3, 4**
- **#650 ENZEE** – Hi Potency Enzymes

▼ INFORMATION RESOURCES

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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