



Professional Education Series 5003/2005

Information contained in this bulletin is for informational and educational purposes only and is not intended as a substitute for advice from your physician. This information should not be used for diagnosis or treatment of any health problem. You should consult with a health care professional for treatment of any health issue.

"Invisible Fiber" Premiers as Magic Fiber™CLR Formulated by Dr. Larry Milam, H.M.D., Ph.D.



(5003) -10.1 oz.

The Facts

- § 56% of consumers say that increasing fiber intake is important to them.
- § The lack of fiber in the diet is contributing to increases in obesity, type II diabetes, and cardiovascular disease.
- § Fiber only comes from fruits, vegetables, and grains.
- § Most people should double or triple their intake of dietary fiber.
- § Most "low-carb" food is also very low in dietary fiber. That's not good.
- § Fiber can taste good, especially Magic Fiber™CLR.
- § Magic Fiber™CLR can be added to water, fruit beverages, vegetable beverages, soups, cereals, breads, yogurt, desserts, and many other foods, without changing the taste or thickening.

The Features of Magic Fiber™CLR

- § It has a very, very, low glycemic index of 5.
- § It is odorless, tasteless, and forms clear solutions in water and other beverages.
- § It is heat stable and can be added to high temperature foods (breads, cookies, sauces, etc.) to increase their fiber content. This is great for children.
- § It can be added to fruit juices to reduce the glucose response.
- § It helps to increase short chain fatty acids, which can benefit colon health and makes calcium more absorbable.
- § It is pre-biotic, supporting beneficial flora growth.
- § It supports intestinal regularity and reduces the bowel transit time.
- § It has been shown to flatten postprandial blood glucose and is recommended for diabetics.
- § It contains only one "available carbohydrates" per serving. This calculation is reached by subtracting the indigestible fiber from the total carbohydrates: $12-11=1$ available carbohydrate.
- § It can help reduce body fat.
- § It is the perfect functional food support for low carb diets.

The Benefits of Magic Fiber™CLR:

As a dietary fiber source Magic Fiber™CLR has been found to be nutritionally efficacious (i.e. pre-biotic) in nearly 10 years of clinical human and animal feeding studies:

- § **It helps maintain normal healthy levels of cholesterol.**
- § **It helps maintain normal healthy blood glucose levels after meals.**
- § **It helps maintain normal, healthy intestinal regularity.**
- § **It helps maintain a normal healthy, cardiovascular system.**

What makes Magic Fiber™CLR—Magic?

Magic Fiber™CLR (clear) consists of a unique patented blend of natural soluble dietary fiber (90%) that has been produced in such a manner to make it **virtually resistant to human digestion**. Through a series of enzymatic treatment and transglucosidation, the glucosidic bonds have been rearranged and converted from a normal alpha-1,4-glucose linkage to random 1,2-,1,3, and 1,4-alpha and beta linkages. Since the human digestive tract effectively digests only alpha-1,4- the additional linkages created are resistant to human digestion. As such, **approximately 90% is not absorbed in the small intestines and is passed on to the large intestine**, where it is partially fermented by intestinal microorganisms. This helps produce beneficial short-chain fatty acids. This process has been shown to **increase the beneficial gut bacteria like bifidobacterium** and **decrease the population of bacteroides** (thus the term pre-biotics).

Due to the way in which this special fiber is prepared, it **forms clear solutions** when mixed with water and other beverages. In addition, **it does not thicken** like most dietary fibers. It is virtually **tasteless** and **odorless**, making it an incredible *Magic Fiber™*.

Who Needs It?

Almost everyone needs to consume additional dietary fiber. There are thousands of articles and studies documenting the benefits of fiber.

Suggested usage: A serving of Magic Fiber™CLR mixed with 8 oz. of water forms a clear solution without taste or odor, PLUS it does not thicken. Each heaping teaspoon provides 5 ½ grams of dietary fiber. It is recommended that you consume at least 1 serving consisting of two heaping teaspoons daily (total 11 grams of dietary fiber). Adults can safely use 4 to 6 servings per day if needed. Magic Fiber™CLR is safe for children after 1 year of age. Reduce the serving size to 1 level teaspoon.

Serving options:

To increase dietary fiber, add Magic Fiber™CLR with all fruit and vegetable beverages, tea, smoothies, prepared foods, and baked goods.

Get 44% of your daily fiber in just one serving

Magic Fiber™CLR is completely unique. It's invisible, tasteless, and has a very low glycemic index of 5.

Magic Fiber™CLR also contains fructooligosaccharides mixtures of varying chain lengths and a trace mineral complex of 72 trace minerals. These also form a clear solution.

Ingredients:

Ingredients: Digestion Resistant Maltodextrin (soluble dietary fiber), Short Chain Fructooligosaccharides, Inulin/Fructooligosaccharides, Trace Minerals Complex.

Trace mineral complex consists of a blend 70 plus natural trace minerals from the Great Salt Lake.

Note:

12 g. (Total Carbs) - 11 g. (Dietary Fiber) = 1 available carb

Supplement Facts	
Serving Size: 2 heaping teaspoons (12 grams)	
Servings per container: 24	
Amount per serving	
Calories 46 (KJ184)	Calories from fat 0
% Daily Value*	
Total Fat 0 g	0%
Sodium 9 mg	0%
Total Carbohydrates 12 g	6%
Dietary Fiber 11 g	44%
Soluble Fiber 11 g	†
Sugars 0 g	0%
Proprietary Blend	†
Trace Mineral Complex 2 mg	
*Percent Daily Values are based on a 2,000calorie diet	
†Daily value not established	

Make Magic Fiber™CLR clearly your choice!

Magic Fiber™CLR is a trademark of New Spirit Naturals, Inc, all rights reserved
©2005 New Spirit Naturals, Inc.

*The statements in this publication have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.