

Feeling  
Stuck?



Move it  
with Fibre.

## Breaking Down the Basics

Fibre is a macronutrient. Macro (meaning large) nutrients are food categories one should consume in relatively large amounts.



Carbohydrates



Protein



Fats

Macronutrients



Micronutrients

Meanwhile, micronutrients are food categories the body needs in smaller amounts such as

Vitamins



Minerals



(e.g. calcium,  
iron & zinc)

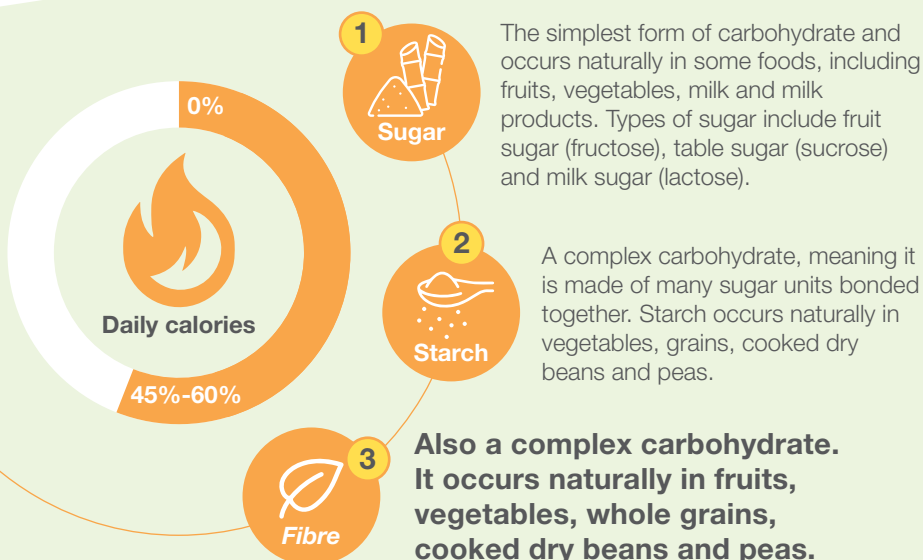
But, how is fibre classified as a macronutrient? That's because it falls under the carbohydrate food category, specifically under the complex carbohydrate category.



## Carbohydrates

Carb makes up **between 45% and 60% of your daily calories** as it is the **main energy provider** for your body.

There are **3 main types of carbohydrates**:





## Fibre

# Say Yes to this Carb

## FIBRE

A carbohydrate that doesn't break down into sugars when consumed. Instead, it simply passes through your digestive tract. There are two types of fibre - soluble fibre and insoluble

### Soluble Fibre

- gel-like substance
- soaks up water in your gut and softens stools for improved digestion
- prevents constipation and diarrhoea
- lowers cholesterol levels
- controls blood pressure
- controls blood sugar and helps improve blood sugar levels
- weight problems? it keeps you full and prevents snacking

### Food Sources

broccoli, carrots, barley, apples, pears, berries and bananas



### Insoluble Fibre

- adds roughage to digestion to prevent constipation
- helps maintain regular bowel movements
- keeps you full for longer

### Food Sources

whole grain foods, brown rice, nuts, seeds and dark leafy vegetables



### Recommended Fibre Intake (Daily)

The average adult should consume between **20g** and **30g** of fibre for optimal health (with an emphasis on between **7g** and **13g** of soluble fibre).



## Health Fact

The Malaysian Dietary Guidelines recommends that an **adult should consume**

**3**



**servings of vegetable**



**2**

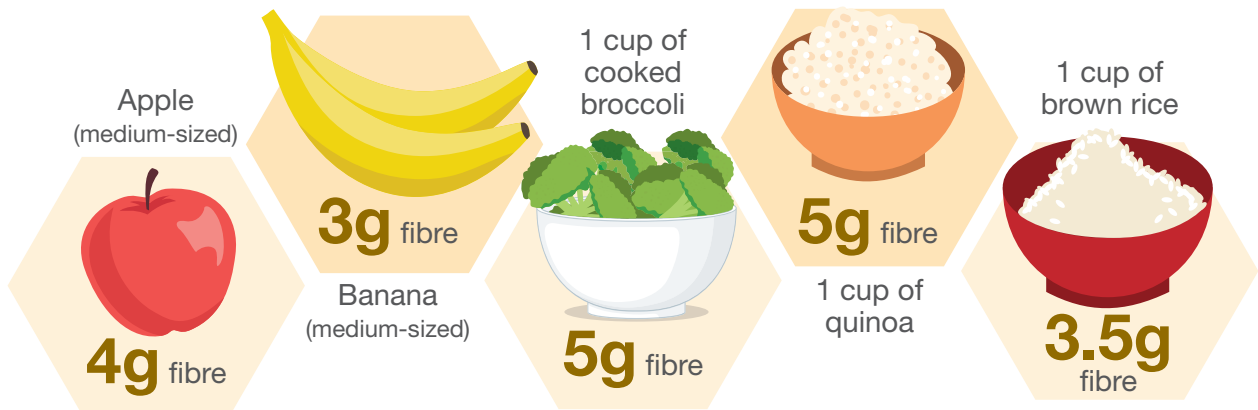


**servings of fruits daily**



## Are You Getting Enough Fibre?

In a day, do you perhaps consume

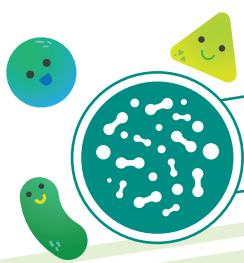


If you consumed all of the above, you would have had 20.5g of fibre

Think your fibre intake is enough?  
Got questions on how to increase  
your intake?



Before we get into that, let us learn  
how probiotic & prebiotic helps with  
your fibre intake.



## Probiotic & Prebiotic Know its Purpose

### Why does your gut need it?

- The food you eat may not be enough!
- Supplement your gut with probiotic to help enrich the gut microbial ecosystem and leave no space for bad bacteria to grow.
- In order to support the growth of beneficial bacteria in the gut, prebiotic is needed too.
- **All 3 types of soluble fibres** in the Nutrilite Mixed Fiber Powder are **prebiotics**.

### DID YOU KNOW?

# 70%

of your immunity lies in your gut! In order to keep your digestive system healthy, both fibre and probiotic is needed. What helps probiotic function well?

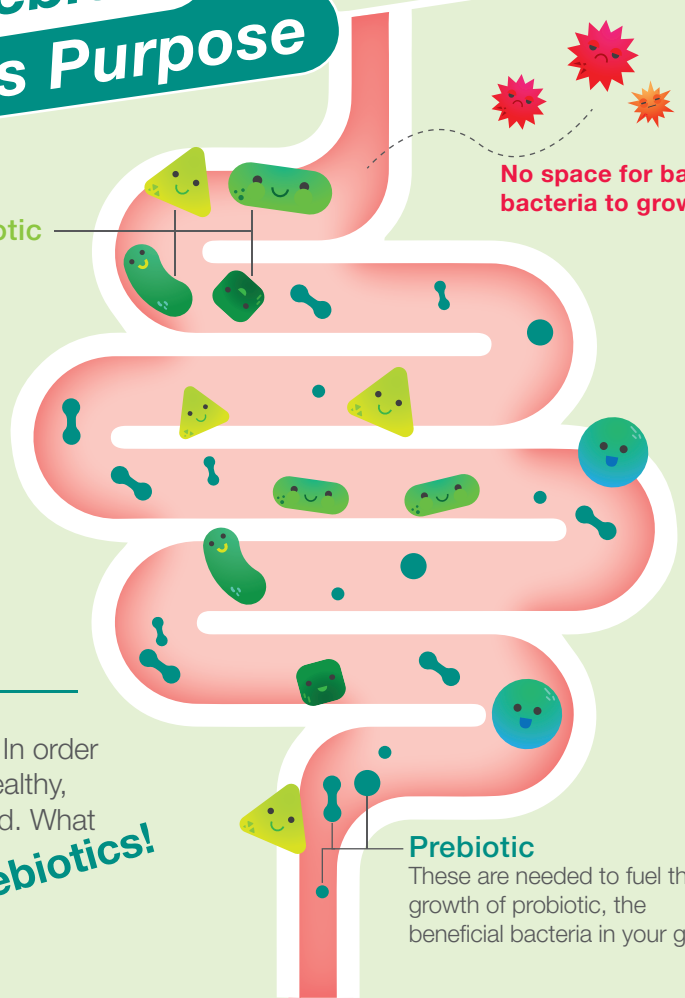
## Prebiotics!

Probiotic

No space for bad  
bacteria to grow

Prebiotic

These are needed to fuel the growth of probiotic, the beneficial bacteria in your gut.



## You Need **FIBRE** If You're

Overeating and have  
little control over  
food portions



Tackling weight  
problems

Constantly  
constipated



Having irregular  
blood pressure  
and blood  
sugar levels



Having irregular  
bowel movement



Having high cholesterol  
and triglyceride levels



## Nutrilite™ Mixed Fiber Powder

**Trio soluble  
4.5g fibre blend**  
that consists of:

Chicory root extract  
(inulin)



Digestive-resistant  
maltodextrin



Partially hydrolysed  
guar gum



These **3** ingredients  
are also **prebiotics**,  
which functions to increase the  
level of healthy bacteria in the gut.  
Prebiotics are food for probiotics,  
to aid digestion.

### Taste-free formula

that is also non-gritty. Easily dissolve  
the powder in any food or drink.



### Pair it with Nutrilite or BodyKey supplements.

For added health benefits, mix fibre with any of the  
following: Soy Protein Drink, Meal Replacement Shakes,  
PhytoPOWDER, Mixed Probiotic with Chicory Root  
Extract or take it as an add-on with your existing Mixed  
Fibre Chewable Tablet.



# What's the Difference?



## Mixed Fibre Chewable Tablet

VS

## Mixed Fiber Powder

Insoluble + soluble dietary fibre

Soluble dietary fibre

### Insoluble fibre (750mg):

Sugarcane, oats, acerola cherries, wheat, soya, lemons, cacti, bran, barley, peas, apples and carrots.

### Soluble fibre (200mg):

Acacia gum

### FOS (750mg):

Prebiotics such as sugarcane and sugar beet.

### Soluble fibre (4.5g)

1.5g each of:

- Chicory root extract (inulin)
- Digestive-resistant maltodextrin
- Partially hydrolysed guar gum

1.7g per tablet

4.5g per stick

3 times daily with meals

**1 stick, daily**  
Easy breezy convenient stick packs allow busy adults to incorporate fibre into their daily meals. Take 1-2 stick packs, daily.

Chewable

Add to water, juices, PhytoPOWDER, Meal Replacement Shakes or in meals. To help balance the gut microbiota, take the Fiber Powder with Mixed Probiotic with Chicory Root Extract.

Suitable for children **above 5 years old**

Suitable for children **above 12 years old**

**RM1.80/tablet**  
**RM5.40 – 3 tablets**

**RM5/stick (4.5g)**

### AP: RM108.00

Consume 3 tablets per day (5.1g of fibre),  
1 bottle of supply will last for 20 days.

TWO (2) bottles needed per month = RM 108.00 x 2 =  
**RM216.00 per month**

### AP: RM150.00

Consume 1 stick per day (4.5g of fibre),  
1 box of supply will last for 30 days.

**You save RM66.00!**

**Only RM5 daily for 1 stick,**  
**30-day supply: RM150**



Choose the fibre that suits your lifestyle.

**Don't feel stuck. Stay smooth with fibre.**

For more information and videos on fibre, please visit: [amway.my](http://amway.my) > Knowledge > Product Resources > Nutrition & Wellness

#### References

- <https://www.healthline.com/health/soluble-vs-insoluble-fiber#benefits>
- <https://www.healthline.com/health/food-nutrition/micros-vs-macros>
- <https://www.nutrition.org.uk/healthyliving/basics/exploring-nutrients.html?start=1>
- <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/carbohydrates/art-20045705#:~:text=The%20Dietary%20Guidelines%20for%20Americans,grams%20of%20carbohydrates%20a%20day.>
- <https://www.diabetes.co.uk/nutrition/simple-carbs-vs-complex-carbs.html>
- <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/carbohydrates>
- <https://www.webmd.com/diet/ss/slideshow-your-guide-to-eating-healthy-carbs>
- <https://www.ucsfhealth.org/education/increasing-fiber-intake#:~:text=Although%20there%20is%20no%20dietary,day%20%E2%80%94%20coming%20from%20soluble%20fiber>

**Disclaimer:** This document has not been evaluated by the Ministry of Health. This product is not intended to diagnose, treat, cure or prevent any diseases.