

# **FITFIBRE**

Fitfibre is a combination of the Japanese Glucomannan and a proprietary blend of organic digestive enzymes. Glucomannan is the main active ingredient in Fitfibre and promotes healthy weight loss.

## **WHAT IS GLUCOMANNAN**

Glucomannan is a high molecular weight polysaccharide derived from the tuber (root) of Konjac. It is a natural dietary fiber and far superior to other dietary fibers.

## **PROPERTIES OF FITFIBRE**

When Fitfibre comes in contact with water, it swells up to about 200 times its original volume. This changes fitfibre from a powder into a viscous liquid and it is this property of Fitfibre that makes it an ideal product for treating obesity and suppressing appetite.

Fitfibre is completely natural, free from all impurities and is tasteless, odourless and white in color.

### **KEY:**

GLUCOMANNAN HAS THE HIGHEST MOLECULAR WEIGHT AND VISCOSITY OF ANY DIETARY FIBRE. IT ALSO HAS THE HIGHEST EXPANSION VOLUME OF ANY FIBRE. BECAUSE OF THESE PROPERTIES, GLUCOMANNAN IS ABLE TO SLOW GASTRIC EMPTYING TIME BUT INCREASE BOWEL ACTION.

## **MECHANISM OF ACTION**

### **In Obesity**

By swelling up to 200 times more than its original volume than any other fiber, Fitfibre performs the following functions:

1. Increases the viscosity of the contents of the gastrointestinal tract.
2. Promotes bowel action.
3. Slow gastric emptying time.
4. Fitfibre forms a layer around food particles, which slows the action of digestive enzymes acting on them.
5. By expanding in the stomach, fitfibre promotes the sensation of satiety.

### **KEY:**

FITFIBRE SWELLS UP 200 TIME AND SLOWS GASTRIC EMPTYING TIME, PROMOTES BOWEL ACTION, SLOWS THE ACTION OF DIGESTIVE ENZYMES ACTING IN THEM AND PROMOTES FEELING OF SATIETY.

### **IN CONSTIPATION:**

Fitfibre increases both the intestinal control and production of feces by accelerating the digestive materials through the gut.

Fitfibre also makes the gastric contents bulkier and so promotes intestinal movements and expulsion of feces from the body. In this way it relieves constipation.

#### **KEY:**

FITFIBRE IS VERY GOOD CHOICE FOR RELIEVING CONSTIPATION SINCE IT MAKES THE GASTRIC CONTENTS BULKIER, PROMOTES INTESTINAL MOVEMENTS AD HELPS IN EXPELLING FECES FROM THE BODY.

### **IN BLOOD PRESSURE:**

Glucomannan has the ability to selectively absorb sodium ions from the intestinal tract. This leads to lowering of sodium concentration in the blood stream and ultimately lowers the blood pressure.

### **IN BUILDING RESISTANCE OF BODY TO DISEASE:**

Glucomannan promotes the growth of beneficial organisms in the intestine (Intestinal flora) and hence helps build resistance of the body towards disease.

### **INDICATIONS OF GLUCOMANNAN:**

- Treatment of Diabetes mellitus.
- For the reduction of blood cholesterol levels.
- For the treatment of obesity.
- For the treatment of constipation.
- As part of the treatment of ischemic heart disease.