

# Florafiber

## Improve your health and digestion with Florafiber.\*

Your digestive tract is home to billions of microorganisms, some of which play an important role in supporting your health. The so-called "friendly bacteria" in the intestines help limit the growth of undesirable microorganisms, including the overgrowth of yeast and fungus. They also support the digestive process and help promote normal elimination. In addition, they play a role in lowering cholesterol and supporting the manufacture of B vitamins.

Among the most important of the friendly bacteria is *Lactobacillus Acidophilus*. When these microorganisms are present in sufficient numbers, a healthier balance of intestinal flora is maintained. Florafiber is designed to support intestinal health by providing millions of *Lactobacillus Acidophilus* cells per tablet.\* The formula also includes a unique blend of dietary fibers to promote good digestion and encourage the elimination of waste from the body.\*

A healthy digestive system is imperative to your overall health and well-being. The digestive system is responsible for absorbing the vitamins, nutrients and minerals that the body needs to function properly. It also is responsible for eliminating the refuse and toxins in the body.

Fiber is a key element the body needs to keep the digestive system in balance. Fiber is necessary to absorb the toxins and physically remove them from your body. Fiber also absorbs water and slows the passage of food, and now research is showing that it can help in lowering blood-sugar levels.

Eating a diet high in fiber is so important to our health that it calls to mind the old saying "an apple a day keeps the doctor away." Apples are high in fiber and so are foods like green leafy vegetables, beans, lentils, brown rice, barley, bran, oatmeal, whole-wheat bread and wheat bran. Not only will a diet high in fiber help improve your digestion, it will enhance your body's health.

## Discussion points

- Friendly flora: *Lactobacillus Acidophilus* helps promote a healthy intestinal environment.\*
- Fiber fit: Contains a blend of dietary fibers including cellulose, apple pectin, psyllium seed husks and glucomannan.
- Apple defense: Includes apple pectin, which may help the body eliminate toxins.\*
- Combine with other products: Florafiber can be used in conjunction with the Thermojetics® Weight-Management Programs and Herbalife's entire line of nutritional products.

## Did You Know?

The presence of sufficient friendly intestinal bacteria helps prevent the overgrowth of *Candida Albicans*, the cause of "yeast infection," which can be responsible for many symptoms of poor health. Some signs of *Candida Albicans* overgrowth include headaches, mood swings, fatigue, bad breath, skin conditions and digestive problems.

## Fast Facts

- One tablet provides millions of *Lactobacillus Acidophilus* cells.
- Helps healthy colon function.\*
- Encourages growth of helpful intestinal bacteria.\*
- Useful to restore intestinal flora after antibiotic use.\*



## SUPPLEMENT FACTS

Serving Size: 1 tablet

Servings per container: 90 tablets

	Amount Per Serving	% Daily Value*
Total Carbohydrate	1 g	<1%
Dietary Fiber	0.9 g	3%
[from cellulose, apple pectin ( <i>Pyrus malus</i> ) (fruit), blonde psyllium (seed husk), croscarmellose sodium and glucomannan]		
Calcium (as dicalcium phosphate and calcium silicate)	29 mg	3%
<i>Lactobacillus acidophilus</i>	6 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

**Other Ingredients:** Microcrystalline Cellulose, Stearic Acid, Hydroxypropyl Methylcellulose, Magnesium Stearate, Silicon Dioxide, Hydrogenated Vegetable Oil and Polyethylene Glycol.

**Suggested Serving:** As an addition to your everyday diet, take one tablet three times daily preferably 1/2 hour before meals with a full glass of water. Take up to six tablets per day.

## Ordering Details

#0023

\$12.50

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