**ProFiber Select™**

The Moss Nutrition Professional Line

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**COMPREHENSIVE FIBER BLEND WITH PROBIOTICS**

- Clinically effective blend of soluble & insoluble fibers.*
- With *Lactobacillus acidophilus* to support healthy gut flora.*
- Pleasant taste and texture boost patient compliance.*
- Does not contain psyllium. Verified gluten-free.*

**ProFiber Select™** is a comprehensive fiber supplement intended to help increase your patients' dietary fiber intake. Featuring a broad-spectrum blend of soluble and insoluble fibers from multiple plant sources, ProFiber Select™ dissolves easily in liquids and is highly palatable, with a sweet fruit flavor from natural sources. By helping to increase the dietary fiber intake of individuals consuming inadequate amounts of fiber, ProFiber Select™ may be beneficial for patients with digestive issues such as prolonged intestinal transit times, constipation or diarrhea, and for patients with glycemic control issues or cholesterol-related concerns. ProFiber Select™ is verified gluten-free by independent laboratory testing, making it an ideal fiber supplement for your gluten-intolerant patients.

ProFiber Select™ contains twelve different researched sources of soluble and insoluble fiber. **Insoluble fiber** or “roughage” (e.g. cellulose, bran) stimulates peristalsis, helping to promote bowel regularity and to decrease intestinal transit times. **Soluble fiber** (found in legumes, pectins and mucilaginous plants) serves various functions based on viscosity (ability to form a gel when hydrated), bulking or prebiotic characteristics. When consumed with a meal, viscous soluble fiber increases the viscosity of chyme, supporting cholesterol optimization and improved glycemic control. Viscous soluble fiber also supports the healthy normalization of stool texture in cases of both constipation and diarrhea, due to its ability to either soften or firm the stool as appropriate. Some types of soluble fiber, notably inulin, serve as prebiotics for commensal microflora present in the colon and cecum. A large portion of ingested fiber reaches the large intestine intact where it is fermented into short chain fatty acids (SCFAs) such as butyrate, the primary fuel for colonic enterocytes. ProFiber Select™ features the following high quality fiber sources:

MALTODEXTRIN is a resistant soluble fiber well recognized for helping to support bowel regularity and healthy serum lipid and glucose levels. In a 2012 double blind, placebo-controlled study, daily ingestion of maltodextrin for twelve weeks helped reduce visceral fat and improve glucose and lipid metabolism in patients with metabolic syndrome.

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**Ingredients:** Fiber blend (maltodextrin, oat fiber, polydextrose, acacia gum, purified cellulose, inulin, cellulose gel, guar gum, fenugreek fiber, citrus pectin, apple fiber, barley beta glucans), cane sugar, citric acid, natural flavors, medium chain triglycerides, soy lecithin, beet juice, lactobacillus acidophilus, stevia leaf extract.

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**WARNING:** IF TAKING MEDICATION, PREGNANT OR NURSING CONSULT A PHYSICIAN BEFORE USING.
GUAR GUM is a highly viscous soluble fiber that helps flatten post-prandial glucose response via three mechanisms: delayed stomach emptying, decreased glucose absorption in the small intestine and inhibition of starch degradation. Guar gum consumed at one meal has also been shown to improve glucose tolerance of the next meal and to reduce free fatty acid levels four hours after concomitant ingestion with glucose. Other research suggests that guar may help to reduce LDL cholesterol without negatively impacting HDL levels. ACACIA GUM (gum arabic) is a highly fermentable soluble fiber that promotes healthy gut flora activity and is used in IBS management.

PECTIN is a viscous soluble prebiotic fiber suggested to produce beneficial changes in small intestinal villi length and crypt cell proliferation and to have beneficial effects on the health of the colonic mucosa. Due to its high solubility in water, pectin undergoes a significant amount of bacterial degradation to SCFAs. APPLE FIBER & CITRUS PECTIN have been shown to exhibit superior effectiveness in decreasing LDL cholesterol levels compared to other pectins.

FENUGREEK FIBER has been shown to blunt post-prandial increases in glucose and cholesterol and to help modulate the production of cholesterol in the liver. CELLULOSE FIBER helps to accelerate colonic transit and produce a larger, softer stool that is easier to pass. As such, cellulose fiber may be useful in the management of constipation.

BARLEY BETA GLUCANS & OAT FIBER (also rich in beta-glucans) have been well-researched for their ability to support healthy cholesterol levels and to help improve the glycemic and insulin response to carbohydrate loading. A 2011 double-blind, randomized crossover study on cardiovascular risk factors in healthy young adults found that 6 grams daily of soluble oat bran fiber significantly lowered total and non-HDL cholesterol and improved both fecal volume and energy balance. Comparable research on barley beta-glucan has yielded similar positive results.

ProFiber Select™ also contains LACTOBACILLUS ACIDOPHILUS (L. acidophilus), a beneficial probiotic organism that helps optimize gut flora—often imbalanced in patients requiring increased fiber. L. acidophilus has been shown to upregulate cytokine production in intestinal epithelial cells and is used as adjunctive treatment for conditions such as antibiotic-induced dybiosis, hypercholesterolemia, depressed immunity and lactose intolerance. ProFiber Select™ contains 15 million freeze-dried Lactobacillus acidophilus organisms per serving at time of manufacture.

REFERENCES