

Fiber

NutriHarmony's Elemental Fiber™

Regain Lost Energy and Vitality!

It has become widely accepted within our society that an adequate daily supply of fiber is a secret to maintaining our youthfulness. Many people do not get enough fiber in their diet and they are making themselves vulnerable to a myriad of health problems — some being very serious.

Since "death begins in the colon" it is absolutely essential that you have enough fiber to move the toxic waste through your system on a regular basis. It's especially critical that you get the right kind of fiber.

NutriHarmony's Real Food™ Elemental Fiber™:

- Increases transitory time of food through the intestinal tract
- Naturally helps decrease the amount of waste build-up in your system
- Aids in the proper digestion of food
- Increases nutrient absorption of food
- Contains oat bran, which now carries the FDA claim to lower cholesterol

By increasing the absorption of vital nutrients and the removal of toxic waste, NutriHarmony's Real Food™ Elemental Fiber™ may help you regain lost energy and vitality. You've got to have a great source of fiber to lead a vibrant, healthy life!

NutriHarmony's Elemental Fiber™ Ingredients:

Psyllium Seed Husk, Oat Bran, Inulin, Apple Pectin, Cascara Sagrada, Phosphorus