

NutriFiber Complex with sour cherry or pineapple

A fiber-rich and tasty powder for your digestive system.

- Chicory inulin contributes to normal bowel function by increasing stool frequency. The beneficial effect is obtained with a daily intake of 12 g chicory inulin (= 2 tablespoons of fiber complex per day).
- Psyllium husk and flaxseed hulls are rich in fiber.
- **High fibre – daily amount of powder contains 15 g of fiber.**
- Helps to boost your digestion system.
- Beneficial for those who want to increase their fiber intake and / or lose weight.
- With no added sugar.
- Without added preservatives.

NutriFiber is suitable for:

- in case of constipation.
- as a source of fiber.



NutriFiber Complex is a great and delicious product for a smoothie. Just 2 tablespoons of the fiber mix will add 15 g of fiber for your meal.

In addition to preventing constipation, foods rich in fiber help to slow down the absorption of carbohydrates and prolong the feeling of fullness. Fibers act as prebiotics, being food for intestinal bacteria.

Chicory inulin

- Extracted from common chicory (*Cichorium intybus*).
- Inulin is a soluble fiber that contributes to normal bowel function and increases bowel frequency. The beneficial effect on the digestive system can be seen if you consume 12 grams of chicory inulin every day.⁽¹⁾

Flaxseed hulls

- Ground hulls are from flax (*Linum usitatissimum*) seed.
- Flaxseed hulls are a good source of fiber and are useful for supporting the digestive system.⁽²⁾

Psyllium

- Derived from mechanically milled seeds of blond plantain, known as desert Indian-wheat (*Plantago ovata*).
- Soluble fiber, which absorbs liquid and stimulates the work of the intestines.⁽³⁾

Pineapple (*Ananas comosus*) or sour cherry (*Prunus Cerasus*)

- Added freeze-dried to the mix to add flavor.
- Pineapple contains significant amounts of bioactive compounds, healthy fibers, minerals and nutrients.⁽⁴⁾
- Sour cherries are a good source of vitamin C.⁽⁵⁾



INSTRUCTIONS FOR USE:

The daily recommended amount is 2 tablespoons as an addition to water, yogurt, smoothie, or porridge. Shake the package before use. Close the package carefully after use.

INGREDIENTS:

Inulin from chicory (*Cichorium intybus*) root, ground flax (*Linum usitatissimum*) seed hulls, milled psyllium (*Plantago ovata*) seed husks, freeze-dried powder of sour cherry (*Prunus Cerasus*) fruit.

WARNINGS:

This product does not replace a varied and balanced diet and a healthy lifestyle.

STORAGE:

Keep the product dry and protected from direct sunlight.

ADDITIONAL INFORMATION:

Produced in Estonia

Net weight: 200 g



Average nutritional value per	NutriFiber Complex with pineapple		NutriFiber Complex with sour cherries	
	100 g	20 g (2 tablespoons)	100g	20 g (2 tablespoons)
Energy value	860 kJ / 211 kcal	172 kJ / 42 kcal	843 kJ / 207 kcal	169 kJ / 41 kcal
Fats	0,5 g	0,1 g	0,6 g	0,1 g
- of which saturated fatty acids	0,1 g	0 g	0,1 g	0 g
Carbohydrates	13,2 g	2,6 g	11,8 g	2,4 g
- of which sugars *	13,0 g	2,6 g	11,0 g	2,2 g
Fiber	75,6 g	15,1 g	75,3 g	15,1 g
Protein	4,6 g	0,9 g	4,9 g	1,0 g
Salt	0 g	0 g	0 g	0 g

*Contains naturally occurring sugars.



⁽¹⁾ EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). Scientific Opinion on the substantiation of a health claim related to "native chicory inulin" and maintenance of normal defecation by increasing stool frequency pursuant to Article 13.5 of Regulation (EC) No 1924/2006. EFSA J. 13, 3951 (2015).

⁽²⁾ Mueed, A., Shibli, S., Jahangir, M., Jabbar, S., & Deng, Z. (2022). A comprehensive review of flaxseed (*Linum usitatissimum* L.): health-affecting compounds, mechanism of toxicity, detoxification, anticancer and potential risk. *Critical Reviews in Food Science and Nutrition*, 63(32), 11081–11104. <https://doi.org/10.1080/10408398.2022.2092718>

⁽³⁾ McRorie, J. W. & McKeown, N. M. Understanding the Physics of Functional Fibers in the Gastrointestinal Tract: An Evidence-Based Approach to Resolving Enduring Misconceptions about Insoluble and Soluble Fiber. *J. Acad. Nutr. Diet.* 117, 251–264 (2017).

⁽⁴⁾ Mohd Ali, M., Hashim, N., Abd Aziz, S. & Lasekan, O. Pineapple (*Ananas comosus*): A comprehensive review of nutritional values, volatile compounds, health benefits, and potential food products. *Food Res. Int. Ott. Ont* 137, 109675 (2020).

⁽⁵⁾ Kelley, D. S., Adkins, Y. & Laugero, K. D. A Review of the Health Benefits of Cherries. *Nutrients* 10, 368 (2018).