

# Activated Fiber

## Absorb less fat and increase fiber intake.\*

For centuries, people from all cultures have known the benefits of high-fiber nutrition for internal cleansing and well-being. Once referred to as “roughage” and readily available in the average diet, fiber often is missing in today’s over-processed foods that are high in saturated fats and refined carbohydrates. A lack of dietary fiber increases the risk of developing constipation and gastrointestinal disorders, cardiovascular disease, diabetes and colon cancer.

Fiber works by speeding up the time it takes food to pass through the large intestine, reducing the absorption of toxic and carcinogenic compounds. It also modifies the metabolism of foods, binds waste products for elimination and counters the effects of toxic bacteria in the colon. Dietary fiber is helpful for those who want to lose weight, since fiber absorbs water so you feel full and satisfied throughout the day. Adding fiber to your diet can help improve your eating habits, which can lead to weight loss and more energy!\*

Herbalife’s Activated Fiber tablets contain high-quality dietary fiber from oats and other ingredients that help decrease fat absorption while increasing fiber intake.\* You’ll enjoy a feeling of satisfying fullness, enabling you to resist the temptation of between-meal snacks.\*

## Discussion Points

- Internal cleansing: The natural ingredients in Activated Fiber tablets provide the necessary dietary fiber to facilitate healthy elimination of toxins.\*
- Helps weight loss: Activated Fiber tablets help provide a feeling of fullness and reduce the urge or craving for unhealthy foods.\*
- Reduce fat absorption rate: Activated Fiber tablets help reduce the amount of fat that is absorbed by the body.\*
- Combine with other products: Activated Fiber tablets can be used in conjunction with the Thermojetics® Weight-Management Programs and Herbalife’s entire line of nutritional products.

## Did You Know?

According to a study in the *Journal of the American Medical Association*, adults who eat at least 23 grams of fiber a day are less likely to gain weight over the long term than those who don’t regularly consume this amount. The study also revealed that fiber eaters also have lower insulin levels, which could help lower the risk of obesity.

## Fast Facts

- Each tablet contains 450 mg of dietary fiber.
- Taken with a full glass of water before meals, Activated Fiber Tablets help create a feeling of fullness.
- Easy-to-swallow tablets.



## SUPPLEMENT FACTS

Serving Size: 1 tablet.

Servings per container: 90 tablets

	Amount Per Serving	% Daily Value*
Total Carbohydrate	<1 g	<1%
Dietary Fiber [from oat fiber, citrus fiber, lemon pectin (Citrus limon) (fruit), microcrystalline cellulose, gum arabic (Acacia senega) (root)]	450 mg	2%
Sodium Choleate (from Ox-bile extract)	56 mg	†
L-Carnitine	25 mg	†

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

† Daily Value not established.

**Other Ingredients:** Corn Starch, Stearic Acid, Calcium Carbonate, Magnesium Stearate, Silicon Dioxide, Hydroxypropyl Cellulose, Croscarmellose Sodium and Sodium Lauryl Sulfate.

**Suggested Serving:** Take one tablet up to six times a day, with food.

**For Maximum results:** Take Activated Fiber with a full glass of liquid. Use this product in conjunction with other Herbalife products.

**Notice:** Before using this product it is advisable for people with gastro-intestinal problems, ulcerative colitis or Crohn’s disease, or children to consult a physician. Do not use when symptoms of diarrhea or abdominal pain are present.

## Ordering Details

#0112

\$15.75

\* 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.