



# FiberFull Launch







# Susan Beck, PhD

## LAc, Dipl. OM, CNS

NeoLife Chief Science Officer  
Head of the Scientific Advisory Board

# YOUR NEW FAVORITE “F” WORD

**FIBER**  
**=**  
**SUPERFOOD**





# Fiber to the Rescue!

## Supports Healthy Heart

- ✓ **Helps** keep blood pressure in the normal range
- ✓ **Helps maintain** normal cholesterol levels



# Fiber to the Rescue!

- ✓ **Supports** healthy blood sugar levels
- ✓ **Improves** our gut microbiome
- ✓ **Helps** support healthy weight maintenance



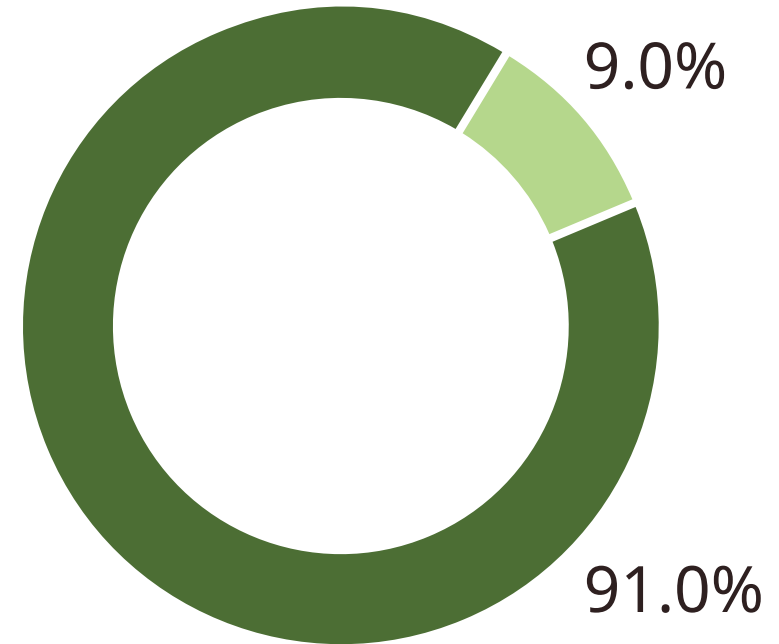


# Most Americans & Canadians *Do Not* Get Enough Fiber

- Women should get **25 grams** per day
- Men should get **38 grams** per day



Over 90% of Americans  
& Canadians *Do Not*  
Get Enough Fiber





# Surveys Show Americans Are Confused About Fiber

I bought a cereal that says “whole grain”  
— will that give me enough fiber?



# Our Digestive Systems Created to Eat Fiber

- Our ancient diets contain copious amounts of fiber
- Processed or ultraprocessed foods have been created only recently — the last 100 years





# What Is Fiber?

Fiber is a fundamental part of a healthy diet if people are eating whole grains, legumes, fruits, and vegetables.

HOWEVER:

More people are eating processed foods which strip away fiber.



# Insoluble & Soluble fiber

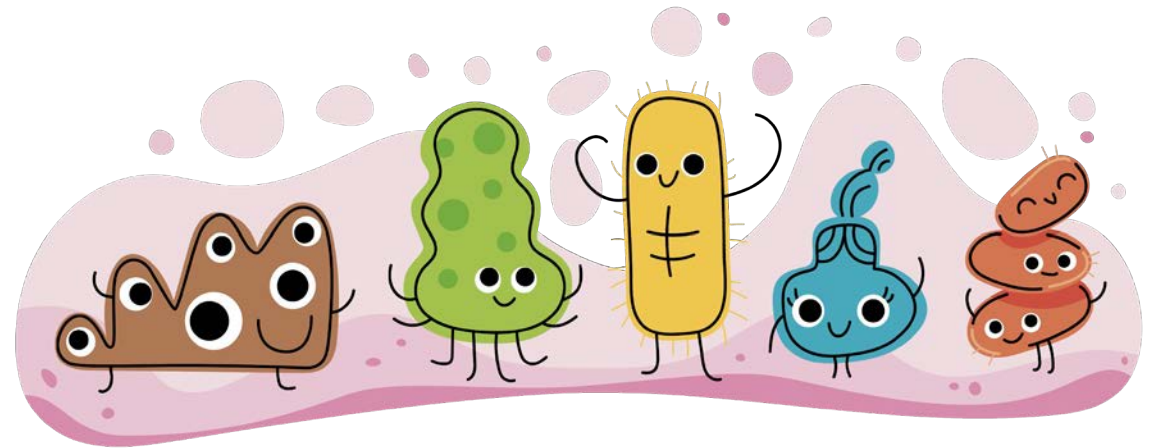
- We need both types of fiber in our diet
- Insoluble – cannot dissolve in water
- Soluble – can dissolve in water





# Insoluble fiber

- Draws fluid into the intestines and adds bulk to stool, helps prevent constipation
- Has the ability to bind with toxins and other harmful chemicals that we are exposed to or are in our food



# Soluble fiber

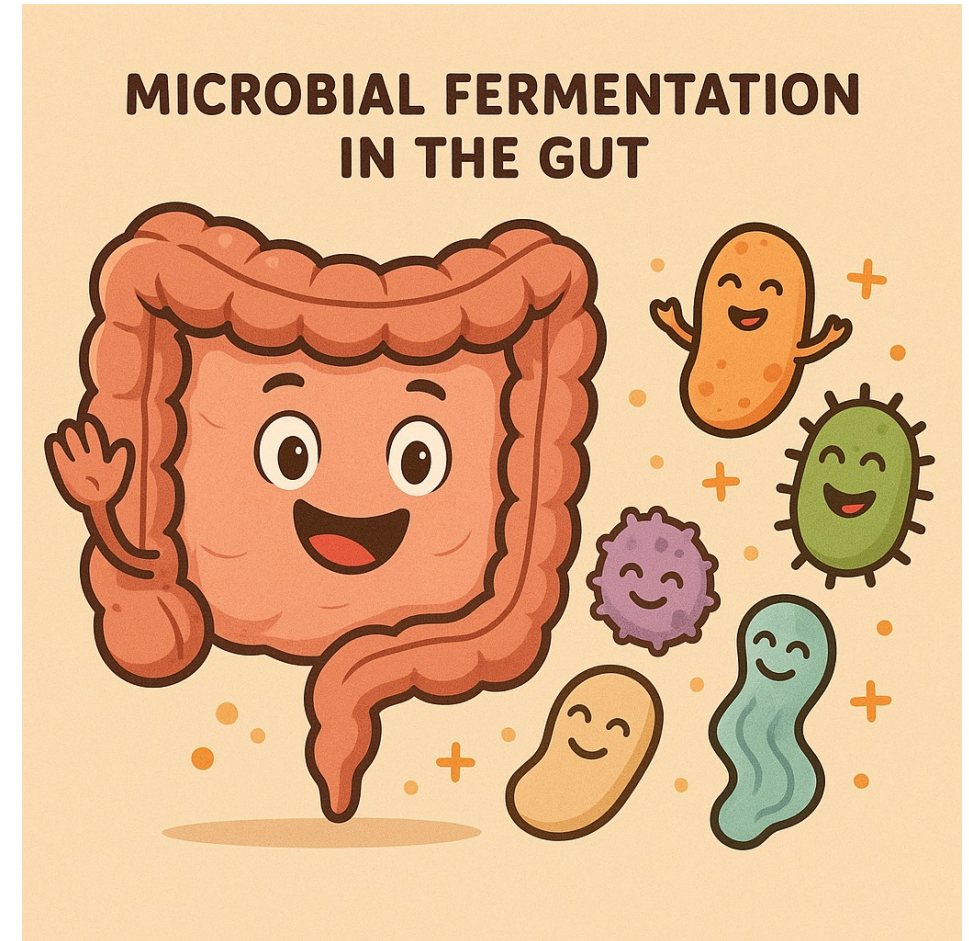
- Dissolves in water to form a gel-like material
- Slows down how quickly foods are digested so we stay full longer





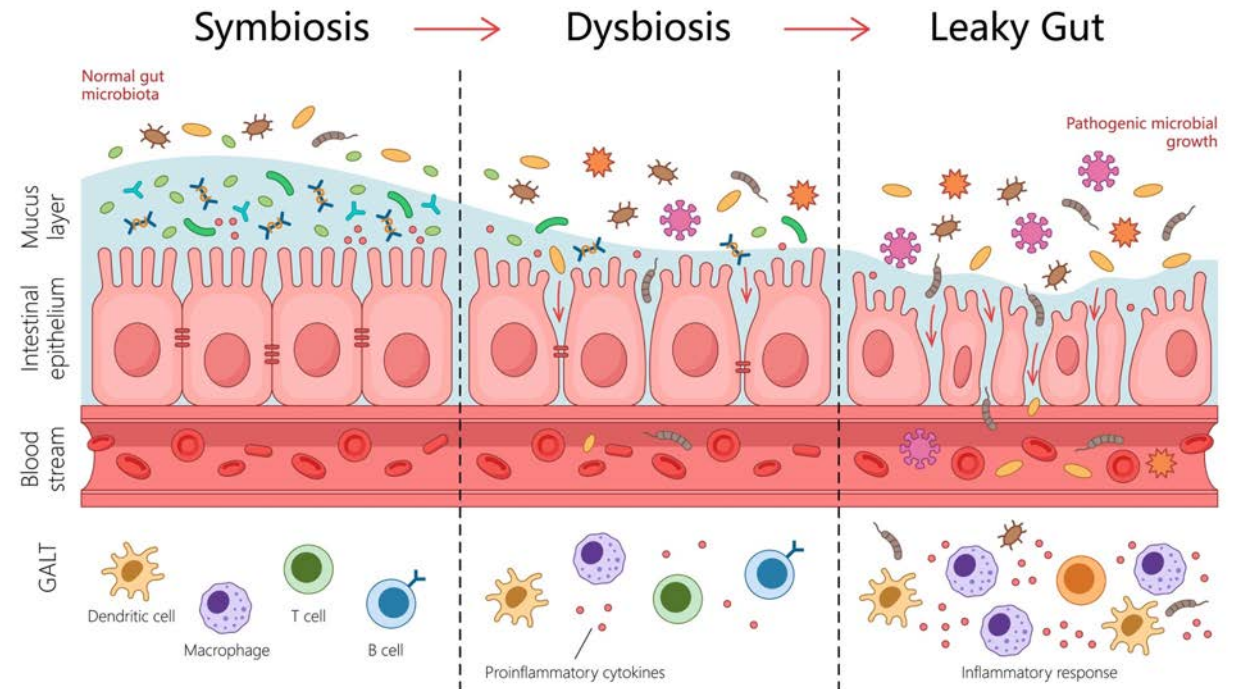
# Soluble fiber

- **Fermented** by beneficial microorganisms in our gut
- Acts as a **prebiotic** or a “good food” for microorganisms in our gut



# Soluble fiber

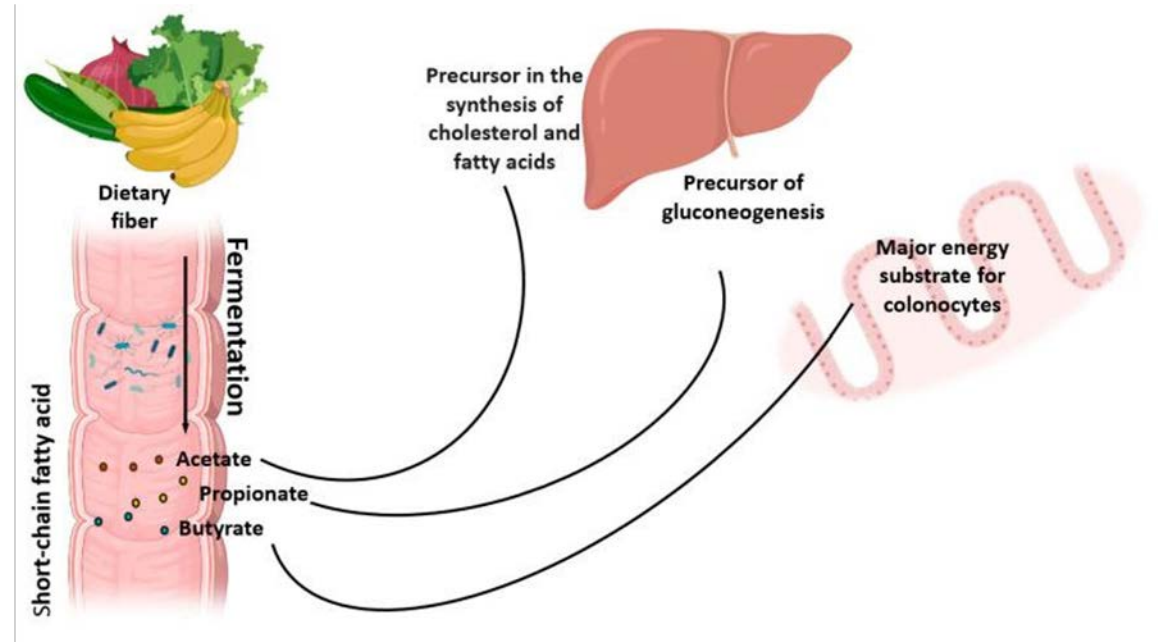
**Critical** for a **healthy gut barrier** by promoting the growth of beneficial gut microorganisms





# Soluble fiber

**Microbial fermentation** in the gut causes soluble fiber to break down into **short-chain fatty acids (SCFA)**



Ioniță-Mîndrican, et al., 2022.

# Short Chain Fatty Acids

- Used by the cells in our intestines as **energy**
- **Supports** a healthy inflammatory response
- Produces **protective mucus** in the gut





# Fiber Helps with Healthy Weight Maintenance

The net calories absorbed from fiber-rich foods are **much lower** than foods that do not contain fiber.

Fiber **slows down the rate** in which food is absorbed, making us **feel full longer**.



# Fiber Helps Maintain Healthy Blood Pressure

A Recent Global Study  
Researchers concluded:

Dietary fiber is a **cost-effective way** to help people **maintain healthy blood pressure levels.**





# Fiber Helps Maintain Healthy Cholesterol Levels

**Soluble dietary fiber:**

- 1. Binds to cholesterol** in the small intestine
- 2. Produces SCFAs** creates a healthy microbiome, which in turn helps maintain healthy and normal cholesterol levels



# Fiber Helps Support Healthy Blood Sugar Levels

- The body does not absorb and break down fiber
- Fiber does not cause a spike in blood sugar like other carbohydrates





# Fiber Is A Superfood

**Supports healthy weight maintenance**

**Improves our gut microbiome health**

**Helps maintain healthy blood sugar levels**

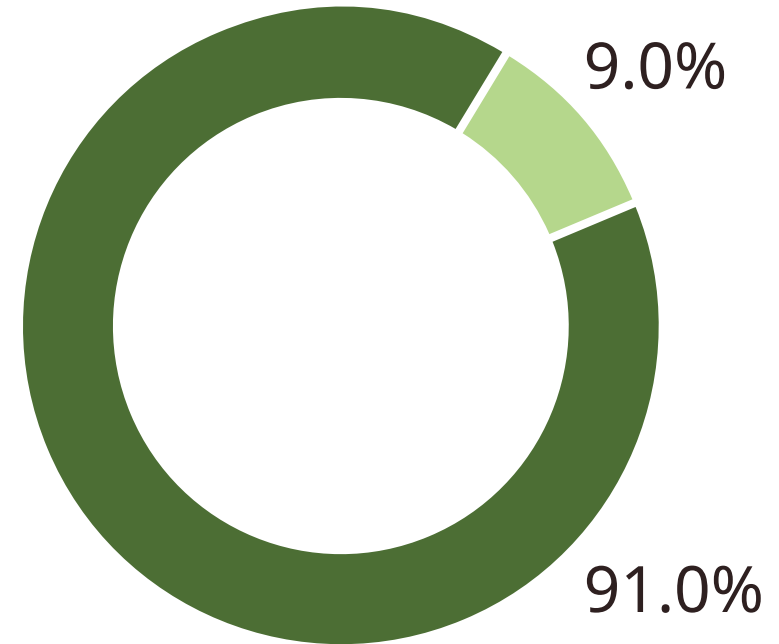
**Helps maintain normal blood pressure levels**

**Helps keeps cholesterol levels within the normal range**

**Helps eliminate toxins from the body**



Over 90% of Americans  
& Canadians *Do Not*  
Get Enough Fiber





# NeoLife FiberFull

- FiberFull helps **keep us regular**\*
- FiberFull helps us **feel fuller** when taken prior to a meal†
- FiberFull acts as a **prebiotic** for our gut microbiome\*



\*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.

† When taken with a large glass of water before a meal

# NeoLife FiberFull

**Whole food-derived fiber** - rice fiber, oat fiber, barley flour, gum arabic (from the Acacia tree), soy fiber, apple pectin and orange fiber

**GMO Free, Vegan, Dairy Free**

**Every Batch Tested For Purity & Potency**





# NeoLife FiberFull

- Designed for daily life — **just grab & go**
- **2 grams** fiber per **4 tablets**
- Contains both **insoluble and soluble fiber**
- **Whole food-derived** sources of fiber



# NeoLife FiberFull

Most fiber supplements contain only one type of fiber instead of **mimicking the different types of fiber** we get from food in our diet.





# Your New Favorite Travel Companion

Take them anywhere – restaurants or traveling  
When **traveling** FiberFull will:

1. **Help you stay regular\***
2. **Help protect your gut\*** by providing **prebiotics** for your **gut microbiome**

\*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.



# Your New Favorite “F” Word

A global best-selling product with  
impactful testimonials





# NeoLife FiberFull

- FiberFull tablets — **your new protective** travel companion
- **Easiest way to take fiber** — take them with you everywhere
- **Easiest way** to stay **regular**, feel **more full**<sup>†</sup>, and **protect your gut**<sup>\*</sup>
- **Easiest way to give yourself a fiber boost** right before meals

\*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.

† When taken with a large glass of water before a meal





*Thank You!*