



MEGAFIBER® helps achieve better overall health, naturally.

“From the people who originally brought you Psyllium Fiber.”

ORIGINAL NATURAL QUALITY - ORIGINAL HEALTH BENEFITS

MEGAFIBER® is a 100% all natural, multi-tasking fiber supplement that provides multiple health benefits for overall well-being.

- MEGAFIBER® assists by promoting a healthy digestive system and preventing constipation, promotes regular bowel movement and helps remove waste and toxins from the body.
- MEGAFIBER® helps control diarrhea by promptly reducing watery stools.
- MEGAFIBER® helps with weight management by reducing fat absorption and reduces hunger pangs.
- MEGAFIBER® helps absorb LDL (bad cholesterol) and helps reduce the risk of heart disease.
- MEGAFIBER® assists in blood sugar control by regulating the digestion of food.
- MEGAFIBER® has no additives, no sweeteners, no preservatives, no artificial colors, and no flavorings.
- MEGAFIBER® from 100% Psyllium Fiber is nature's best and most efficient source of natural dietary fiber.
- MEGAFIBER® is cholesterol-free, yeast & gluten-free.

MEGAFIBER® addresses both constipation and diarrhea. Just drink more water if constipated or drink less water for diarrhea, it stops the need for frequent toilet stops.



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Made in the Philippines from imported ingredients. MEGAFIBER® is a global brand marketed by Whealth Inc. who originally brought you Psyllium Fiber, CranUTI® and ABW® Leaves of Life®.

FDA APPROVED CPR FR-99160 This supplement is not intended to replace doctors prescribed medication. NO APPROVED THERAPEUTIC CLAIMS.



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MEGAFIBER® is a multi-tasking fiber.

The multiple health benefits provided by regular intake of Psyllium fiber play a key role in a natural, preventive health strategy that addresses:

1. Digestive irregularity (constipation, diarrhea, IBS, etc.)
2. Fat absorption and weight issues
3. Heart health and high cholesterol
4. Diabetes



1. Psyllium fiber assists with digestive disorders.

- Constipation affects up to 20% of the population.¹
- Diets that are low in fiber can cause constipation.
- Fiber is important in maintaining a soft, bulky stool.
- Soluble fiber such as Psyllium helps treat and prevent both constipation² and chronic diarrhea.³

Treats chronic constipation better than stimulant laxatives.⁴

- In a multi-site, randomized, double-blind, parallel-design study of 170 subjects with chronic idiopathic constipation:
 - Psyllium was superior to docusate sodium for softening stools by increasing stool water content.
 - Psyllium had greater overall laxative efficacy in subjects with chronic idiopathic constipation.

Treats Diarrhea

- Psyllium has the paradoxical property of both improving constipation by increasing stool weight and ameliorating chronic diarrhea.⁵
- Psyllium sequesters water from liquid stools and/or increases the ratio of fecal solids to fecal water, thereby improving stool consistency.⁶
- In using Psyllium fiber to allviate diarrhea, it is advised to reduce the fluid intake which accompanies a regular dose of fiber supplement.

Improves digestion with MEGAFIBER®, an all natural multi-tasking fiber supplement.

- Gentle, natural, non-stimulant laxative.
- Relieves constipation, diarrhea and symptoms of IBS.⁷
- No preservatives, artificial colors, flavors or sweeteners.
- Cholesterol, yeast and gluten-free.

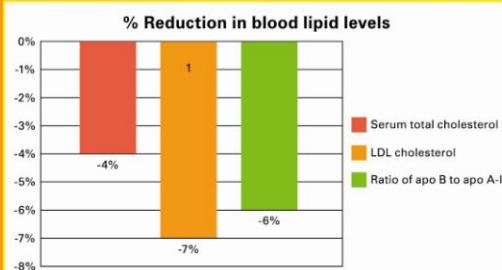
2. Psyllium fiber reduces fat absorption and assists with weight issues.

- Psyllium supplementation decreased fat digestibility and increased fecal fatty acid excretion in healthy humans consuming a diet with 30% of calories from fat.
- Increased faecal fat loss, decreased fat digestibility and increased faecal palmitic acid excretion with Psyllium supplementation may partly explain the hypocholesterolaemic action of Psyllium fiber.⁸

Reduce absorption of fat with MEGAFIBER®, an all natural multi-tasking fiber supplement.

- No preservatives, artificial colors, flavors or sweeteners.
- Cholesterol, yeast and gluten-free.

3. Psyllium fiber, heart health and high cholesterol.



- Psyllium fiber is clinically proven to help lower cholesterol.

• A meta-analysis of 8 studies in a total of 656 subjects showed that consumption of 10.2 g Psyllium/d lowered serum total cholesterol, LDL cholesterol, and ratio of apolipoprotein (apo) B to apo A-I, compared to placebo in subjects already consuming a low-fat diet.⁹

- Studies suggest that Psyllium fiber increases bile acid excretion, thereby diverting hepatic cholesterol for bile acid production.¹⁰

Psyllium fiber is recognized by US Food and Drug Administration in reducing coronary heart disease risk.¹¹

"Eating soluble fiber from foods such as Psyllium fiber as part of a diet low in saturated fat and cholesterol, together with regular exercise, may reduce the risk of heart disease."¹²

Lowers LDL cholesterol better than other soluble fibers.¹³

A meta-analysis of 67 controlled trials showed that Psyllium fiber reduces LDL cholesterol better than oat products, pectin, and guar gum in the practical dose range.¹⁴

Lipid measured and fiber source	Full dose range (2-30 g/d)				Practical dose range (2-30 g/d) ²			
	No. of studies	No. of subjects	Net change per gram soluble fiber ³	Heterogeneity Q	No. of studies	No. of subjects	Net change per gram soluble fiber ³	Heterogeneity Q
LDL cholesterol⁹								
Oat products	22	1439 P: 641T, 493C X: 305T, 305C	-0.032 (-0.047, -0.017)	79.7 ¹⁰	13	867 P: 347T, 259C X: 261T, 261C	-0.037 (-0.040, -0.034)	75.8 ¹⁰
Psyllium	17	757 P: 279T, 276C X: 202T, 202C	-0.029 (-0.045, -0.025)	123.2 ⁹	4	151 P: 43T, 48C X: 60T, 60C	-0.067 (-0.146, -0.014)	29.5 ⁹
Pectin	4	117 P: 20T, 19C X: 78T, 78C	-0.055 (-0.087, -0.022)	7.3 ⁷	4	117 P: 20T, 19C X: 78T, 78C	-0.055 (-0.087, -0.022)	7.3 ⁷
Guar gum	12	218 P: 49T, 40C X: 129T, 129C	-0.033 (-0.048, -0.017)	76.6 ⁹	18	16 P: 8T, 8C X: 0T, 0C	—	—
All fibers ⁹	55	2531 P: 989T, 828C X: 714T, 714C	-0.029 (-0.035, -0.023)	193.6 ⁹	22	1151 P: 418T, 334C X: 399T, 399C	-0.057 (-0.070, -0.044)	35.6 ¹¹

Improve heart and cholesterol control with MEGAFIBER®

- Contains 7.5 grams of 100% all natural Psyllium fiber in every dose.
- Maintains healthy cholesterol for a healthy heart.
- Contains no preservatives, coloring, flavorings or other chemicals.
- Cholesterol-free formula is ideal for hyperlipidemic patients.

Improve glucose control with MEGAFIBER®

- Contains only 100% all natural Psyllium fiber.
- No preservatives, flavorings or other chemicals.
- Sugar-free formula is ideal for diabetic patients.

4. Psyllium fiber and diabetes.

- Psyllium fiber as a pre-meal supplement reduces postprandial glucose and insulin concentrations in non-insulin dependent diabetics.¹⁵
 - Maximum postprandial glucose elevation was reduced by 14% at breakfast and 20% at dinner relative to placebo.¹⁶
 - Postprandial serum insulin concentrations after breakfast were reduced by 12% relative to placebo.¹⁷
 - Second-meal effects after lunch showed a 31% reduction in postprandial glucose elevation relative to placebo.¹⁸

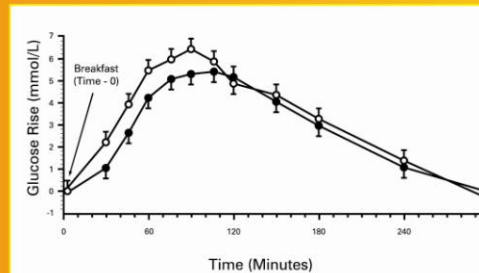


FIG 1. Effect of Psyllium fiber (●; n = 18) or placebo (○; n = 18) on postprandial glucose concentrations after a breakfast test meal. $\bar{x} \pm$ SEM.

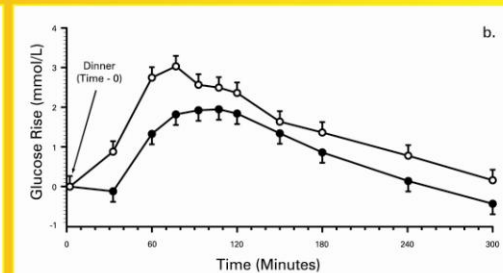


FIG 2. Effect of Psyllium fiber (●; n = 18) or placebo (○; n = 18) on postprandial glucose concentrations after a dinner test meal. $\bar{x} \pm$ SEM.

Effect of Psyllium fiber (●) or placebo (○) on postprandial glucose concentrations after a breakfast (a) and dinner (b) test meal.¹⁹

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