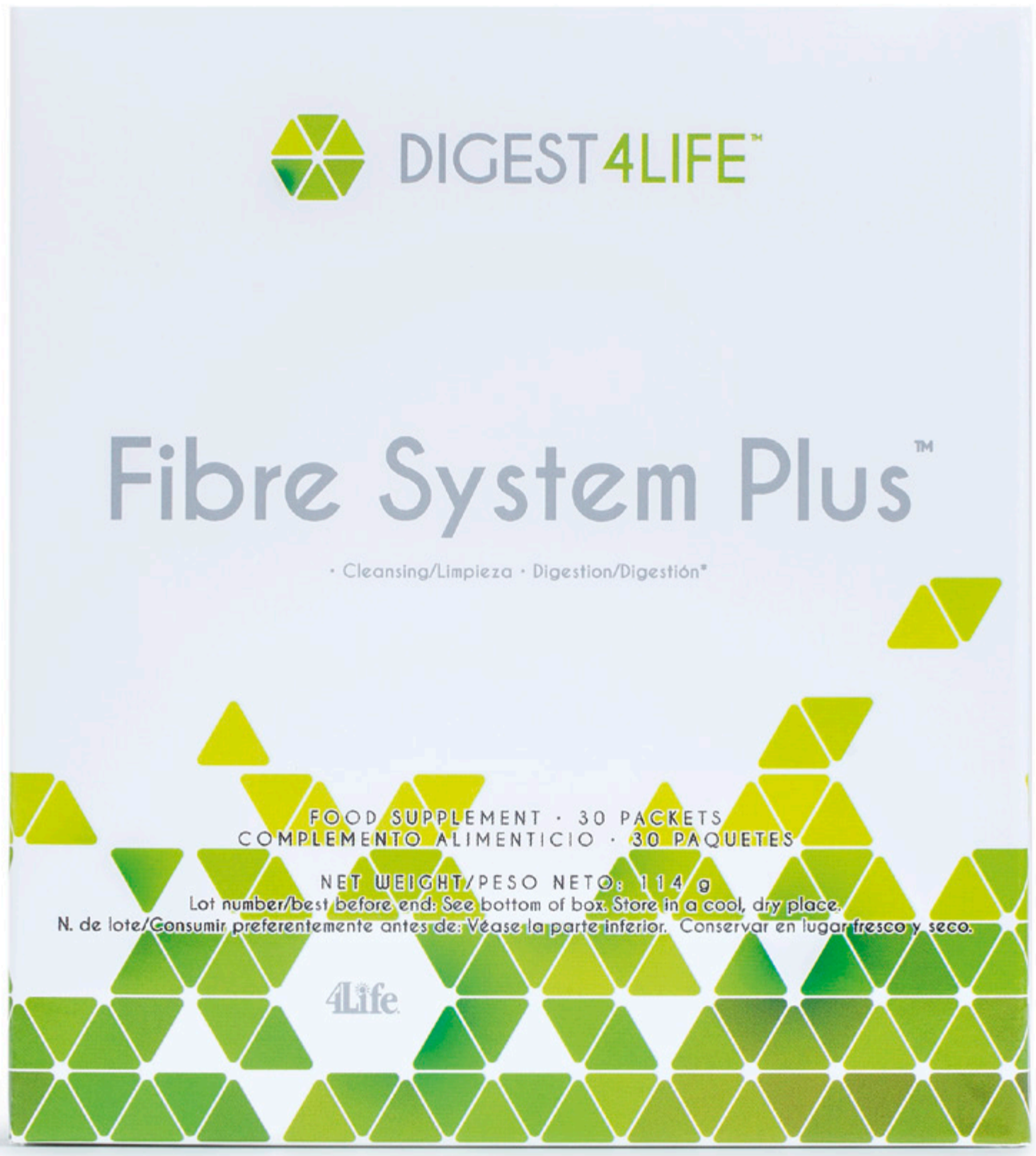
Food supplement with plant fibre
that **helps maintain healthy digestion and regularity**



Digestive Health
4, 5, 6, 7, 8, 9, 10, 11

Good Gut Transit
1,2,3,8

Reduce Wind
2,8,10

DIGEST4LIFE™ FIBRE SYSTEM PLUS™

DIGESTIVE WELLBEING

(1) Psyllium bark husk (*Plantago ovata*); **(2)**. Apple powder (*Malus domestica*); **(3)**. Cascara sagrada bark powder (*Rhamnus purshiana*); **(4)**. Ginger rhizome powder (*Zingiber officinale*); **(5)**. Black pepper seed powder (*Piper nigrum*); **(6)**. Yellow gentian root powder (*Gentiana lutea* L.); **(7)**. Liquorice root powder (Glycyrrhiza glabra L.); **(8)**. Buckthorn bark extract (*Rhamnus frangula*); **(9)**. Hop powder (*Humulus lupulus* L.); **(10)**. Castilian chamomile flower powder (*Matricaria recutita* L.); **(11)** Sage leaf powder (*Salvia officinalis* L.).

- The digestive system is responsible for converting food into nutrients, ensuring they are absorbed and metabolised correctly and the waste appropriately eliminated.
- Large meals at home, at celebrations or work events often lead to slow digestion, wind or constipation.
- It is essential for our health that our digestive system functions correctly, allowing us to feel less bloated, lighter and more energetic.

What does Fibre System Plus provide?

- The Fibre System Plus cleansing programme has 27 ingredients that will help you to “fine tune” your digestive system.
- It contains ingredients from plants that aid healthy digestion and help maintain regularity.



30
PACKETS

114 g
NET WEIGHT

TAKE THE CONTENTS OF ONE PACKET HALF AN HOUR BEFORE EATING THREE TIMES A DAY FOR TEN DAYS.

For best results use Fibre System Plus twice a year. Read and follow the instructions carefully. Do not use if you have or are developing diarrhoea, loose stools, stomach ache or intestinal inflammation. Do not use for more than 6 weeks without medical advice.

WHEN TO TAKE FIBRE SYSTEM PLUS.

The programme can be carried out before starting a weight loss diet, weeks before an important event or after a period of excessive eating or celebrations.

NUTRITIONAL INFORMATION:

Daily dose three (3) packets
Daily doses per box: 10



INGREDIENTS:

Rice bran *(Oryza sativa*), stabiliser (hydroxypropyl methyl cellulose), psyllium husk powder (*Plantago ovata*), cranberry powder (*Vaccinium macrocarpon*), pumpkin seed powder (*Cucurbita pepo*), clove powder (*Syzygium aromaticum*), apple powder (*Malus domestica*), Cascara sagrada bark powder (*Rhamnus purshiana*), ginger rhizome powder (*Zingiber officinale*), black pepper seed powder (*Piper nigrum*), yellow gentian root powder (Gentiana lutea L.), slippery elm bark powder (*Ulmus rubra* Muhl.), liquorice root powder *(Glycyrrhiza glabra* L.), bromelain, papain, cultivated parsley leaf powder (*Petroselinum crispum* Mill.), European plum powder(*Prunus domesticus*), sage leaf powder (*Salvia officinalis* L.), buckthorn bark extract (*Rhamnus frangula*), anti-caking agent (magnesium stearate), marsh mallow root powder (*Althaea officinalis* L.), hop powder (*Humulus lupulus* L.), bee **pollen**, Castilian chamomile flower powder (*Matricaria recutita* L.), Irish moss powder (*Chondrus crispus*), carob seed powder (*Ceratonia siliqua*), stabiliser (goma xanthan gum), papaya powder (*Carica papaya* L.), pineapple extract (*Ananas comosus*) and spirulina (*Arthrospira platensis*).



Amount per daily dose (11.4 g)

Fibre	**3.9 g**
Rice bran	2538 mg
Psyllium	1800 mg
Pumpkin	525.06 mg
Cranberry	750.06 mg
Clove	390.06 mg
Apple	300.06 mg
Cascara Sagrada	300.06 mg
Black pepper	284.94 mg
Ginger	300.06 mg
Yellow gentian	284.94 mg
Slippery Elm	180 mg
Liquorice	153.72 mg
Bromelain	149.94 mg
Parsley	149.94 mg
Papain	149.94 mg
Plum	149.94 mg
Sage	149.94 mg
Buckthorn	131.94 mg
Hop	90 mg
Marsh mallow	120.06 mg
Bee pollen	75.06 mg
Castilian Chamomile	75.06 mg
Irish Moss	75.06 mg
Papaya	59.94 mg
Carob	75.06 mg
Pineapple	59.94 mg
Spirulina	30.06 mg

Product Catalog

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