



Primary Benefits* :

- Helps cleanse the colon
- Helps maintain balanced bowels
- Helps maintain digestive health
- Helps maintain proper levels of intestinal microflora
- Helps relieve occasional constipation†
- Helps support normal bowel regularity and fecal volume
- Promotes colon health
- Promotes healthy growth of beneficial bacteria in the colon
- Provides fuel for cells lining the small intestine
- Supports healthy intestinal function
- Supports healthy nutrient absorption
- Supports overall health by helping to maintain normal cholesterol levels, helping to maintain normal blood glucose levels and promoting immune health

† This product is not intended to treat chronic constipation, which could be a symptom of a serious disease. If you experience chronic constipation, you should consult your physician.

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Key Ingredients:

Fibersol-2® (soluble fiber flucose polymer complex) 5,000 mg

Fibersol-2 is a soluble fiber having a positive impact on the elimination of wastes and colon cleansing, as well as helping to maintain balanced bowels, helping support normal bowel regularity and fecal volume, and supporting healthy digestive function. Fibersol-2 is a spray-dried powder made by the pyrolysis and stabilized enzymatic hydrolysis of cornstarch. It is a safe (GRAS) maltodextrin, easily mixed in water and carries no flavor. Fibersol-2 has a very low viscosity, high solubility, low hygroscopicity and clarity in solution. Because it is high in naturally occurring chemical bonds that remain undigested even in the digestive tract, it helps to support overall health by helping to maintain normal cholesterol levels, helping to maintain normal blood glucose levels and promoting immune health.

A general review article by Kazuhiro Ohkuma and Shigeru Wakabayashi (Advanced Dietary Fibre Technology, 2000) covered the beneficial properties of Fibersol-2. "Its viscosity is lower than that of a conventional maltodextrin, although both have the same DE value," they noted. "A solution of Fibersol-2 is very clear and stable and does not become cloudy or show signs of any precipitation when kept for long periods of time. It also has very good anti-acid properties and can be cooked and sterilized at high temperature in food applications due to its stability in heat processes." Many studies on Fibersol-2 have looked at its health benefits. Physiologically, the ingredient has been shown to promote normal bowel regularity and stool volume. In a study of 14 females and six males with fecal frequency fewer than three times per week, the subjects received 3.75 g of Fibersol-2 per day for five days. One researcher found that weekly fecal frequency increased from 2.6 to 4.0 times. In addition, fecal volume (expressed in terms of the volume of an egg) was increased from 6.0 to 11.3. The subjects also had significantly increased proportions of bifidobacteria in intestinal microflora. This finding was supported in another study in which healthy

adults were given 10 g of Fibersol-2 three times per day over a one-month period. Researchers found that bifidobacterium increased in all subjects, with some experiencing increases of more than 10 percent.

Fibersol-2 is capable of increasing the amount of good bacteria, probiotics, within the large intestine due to the fact that most of this fiber is transported to that specific area of the colon. In a normal absorption pattern of a sugar and starch mixture, the majority is absorbed in the stomach and in the beginning of the small intestine. Ohkuma and Wakabayashi hypothesized that most of Fibersol-2 escapes digestion in the upper gastrointestinal tract. "It is estimated that approximately 90 percent of the administered Fibersol-2 reaches the large intestine and half of that is metabolized by intestinal bacteria," they noted.

Fibersol-2's slow digestion helps maintain blood glucose levels. In one study, changes in postprandial blood glucose levels were monitored in 40 healthy humans. The subjects were given a fixed menu of Japanese udon noodles with fried bean curd and rice, with either green tea or a beverage containing 5.0 g of Fibersol-2. Postprandial blood glucose levels for subjects receiving green tea and Fibersol-2 remained low, compared to subjects ingesting only green tea, despite the subjects eating the same food. (Tokunaga K and Matsuoka A, "Effects of a [FOSHU] which contains indigestible dextrin as an effective ingredient on glucose and lipid metabolism," *J Japanese Diabetes Society*, 42:61-65, 1999.) Animal models have taken this finding further to determine how it could promote weight loss.

Inulin Fiber (fructo-oligosaccharide extract of chicory root) 5,000 mg

Inulin fiber delivers eight milligrams of prebiotic, which is a subset fiber. These types of prebiotic fibers are food sources that are preferred by friendly bacteria. Inulin, an important prebiotic, exists in foods such as asparagus, chicory, garlic, Jerusalem artichoke and onion. Inulin or fructo-oligosaccharides (FOS) are fibers in the form of starches that the human body cannot fully digest. When a person consumes prebiotics, the undigested portions provide nourishment for beneficial bacteria in the digestive tract. Inulins may promote the growth of favorable bacterial populations, such as bifidobacteria in the colon. Bifidobacteria may inhibit the growth of pathogenic bacteria, such as *Clostridium perfringens* and diarrheogenic strains of *Escherichia coli*.

Probiotic Blend (*Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Bifidobacterium bifidum*, *Lactobacillus casei*)

Probiotics such as acidophilus, or *Lactobacillus acidophilus*, are strains of "beneficial" or "good" bacteria, known to help to maintain a healthy digestive tract. The digestive system naturally houses trillions of these good bacteria that directly help the body digest, modify and convert the foods we eat. Disruptions to these populations of probiotics (good bacteria) are common and must be kept at adequate levels in order to overwhelm other bacteria, which may begin to run rampant in the event the good bacteria levels decrease. In displacing other bacteria and yeast, acidophilus (and other beneficial bacteria like plantarum, bifidum and casei) may also play a significant role in maintaining a healthy immune system, and promoting a healthy colon. Such beneficial bacteria can be found naturally in foods such as cultured yogurts and kefir.

Both human and animal studies have demonstrated direct benefits of consistent ingestion of acidophilus and other beneficial bacteria on immune system function.

Overall, the probiotic bacteria support the ability of the immune system to recognize and destroy invading organisms. Several key fighters of the immune system, including macrophages, immunoglobulins cytokines, are benefit by regular intake of beneficial bacteria. Consuming beneficial bacteria helps maintain healthy white blood cell counts.

L-glutamine 1,000 mg

High-protein foods including meat, fish, beans and dairy products are excellent sources of glutamine. L-glutamine is an amino acid derived from another amino acid, glutamic acid. Glutamine is a restorative amino acid that is used by the GI tract as its source of fuel. Glutamine helps to support overall health by helping to maintain normal cholesterol levels, helping to maintain normal blood glucose levels and promoting immune health. Heavy exercise, infection, surgery and trauma can all deplete the body's glutamine reserves, particularly in muscle cells. Because the cells of the intestine use glutamine for fuel, supplemental L-glutamine has been used to promote digestive health.

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Scientific Studies:

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What Makes This Product Unique?

A healthy gastrointestinal tract is important in maintaining the overall health of the body. Understanding the complex digestion process is important to understanding how maintaining a healthy GI tract contributes to promoting a healthy immune system, and maintaining the overall health of the body. Digestion is the metabolic process that converts foodstuffs within the body for use. The process begins in the mouth, where it is chewed and mixed with saliva to prepare it for swallowing. After swallowing, the food is pushed through the esophagus, which transports it to the stomach, where it is further diluted and mixed with enzymes, breaking down the food to be absorbed in the intestines. Most of the absorption process begins to take place in the small intestine. Macronutrients, minerals, vitamins, trace elements and water are absorbed here before reaching the colon. The nutrients pass through the small intestine's wall, which contains small, finger-like structures called villi.

The blood, which contains the absorbed nutrients, is carried away from the small intestine and goes to the liver for filtration, toxin removal and nutrient processing. The primary function here is regulation of blood glucose levels through a process of temporary storage of excess glucose that is converted in the liver to glycogen in response to insulin. The colon is the final step in the digestion process. The remaining water is reabsorbed in the colon as well as any substance that cannot pass through the villi such as dietary fiber. Digestion is a complex process, which is controlled by several factors. The gastrointestinal tract is also a prominent part of the immune system. The low pH (ranging from 1 to 4) of the stomach is fatal for many microorganisms that enter it. Similarly, mucus neutralizes many of these microorganisms. Other factors in the GI tract help with immune function as well, including enzymes in the saliva and bile.

NutriClean® Advanced Fiber Powder comes in a delicious mixed berry flavor and mixes easily with water. In studies, NutriClean Fiber Powder has been shown to relieve occasional constipation[†] thereby balancing the activity of the bowel. The bowel is the major point of excretion from the digestive system and a major determinant in overall digestive system health. This blend of fibers and probiotics team up to deliver optimum cleansing by purifying the colon as it balances the bowel, and promotes a healthy immune system. NutriClean Advanced Fiber Powder delivers top quality soluble fiber, with beneficial probiotics, which promotes the growth of good bacteria in the colon, keeping things in balance in terms of microorganisms. Verified by our in-house scientists, NutriClean Advanced Fiber powder contains one of the most advantageous mixtures of L-glutamine, inulin, Fibersol-2, and probiotics. Advanced Fiber Powder's probiotic blend supplies 1.5 billion healthful microorganisms. NutriClean® Advanced Fiber Powder is part of the **NutriClean® 7-Day Cleansing System**, therefore, it can be taken as part of the system, or as a complementary

supplement to your regular diet. Taking a good-quality colon and digestive cleansing system and detoxification regimen may be beneficial to clear out waste products and balance the bowel.*

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Frequently Asked Questions:

Why is maintaining colon health so important?

Few people notice their digestive system until there is an apparent problem, such as gas, indigestion, irregularity or diarrhea. But these common occurrences could also constitute symptomatic markers of much larger problems that place the spotlight on proper colon health and digestive system maintenance. It is well accepted that the average American diet tends to be quite high in both fat and calories. Modern lifestyles are not conducive to good colon health. Over a period of time, a diet lacking in certain nutrients and fiber can cause undigested food to slow down its transit time in the colon, which could lead to health concerns. In addition, toxins and bacteria from this leftover residue can lead to constipation. Such consequences certainly make the case for paying attention to the maintenance of sound colon health and a viable reason to cleanse the colon of toxic substances.

Why is fiber so important to overall health?

Unfortunately, the average American does not get nearly enough fiber in their daily diet. This is definitely unfortunate because fiber should be among one of the most important components of your diet, yet is often overlooked. Fiber benefits include the ability to help maintain healthy levels of cholesterol, triglycerides, glucose, intestinal regularity and healthy intestinal microflora (food for good bacteria).

What is Fibersol-2?

Fibersol-2 is an innovative, dynamic type of fiber on the market. It is a unique soluble fiber from corn, a readily available source. It is not absorbed into the blood stream, which means that it remains intact and ready for action in the lower portion of the digestive tract, the colon. It offers all of the benefits of fiber previously listed. It has been found to increase fecal volume by 1.8 times and fecal frequency by 1.5 times. When thought of in terms such as these, Fibersol-2 promotes regularity and relief to the average American who consumes a typical diet, which is often laden with processed foods of little to no nutritional value. Fibersol-2 is quite effective in promoting healthy cholesterol levels.

What Makes NutriClean® Advanced Fiber Powder different from something I can find in a local store?

NutriClean is revolutionary in the way of colon health. While most fibers in grocery stores or pharmacies may help to promote a laxative effect, they are still leaving out key ingredients. Market America's NutriClean fiber goes several steps further to ensure gut and bowels are kept in optimal working condition. Unlike common fibers, which supply only simple laxative fibers, NutriClean Fiber contains the nutrient L-Glutamine that fuels the digestive system. Next, only the highest potency, most well-researched and cutting edge fibers are used in our special formula, including the dynamic inulin fiber and Fibersol-2. Our fiber blend contains 1.5 billion probiotic microorganisms, which maintain the balance of gut flora, which is integral for overall body health.

What exactly are probiotics?

Probiotics are a type of bacteria. They should not be confused, however, with the unhealthy bacteria that can build up in our colons due to an unhealthy diet or taking antibiotics. Probiotics, like the ones found in NutriClean Fiber, actually offset the actions of surplus harmful bacteria thus promoting optimal overall health. The use of probiotics has been found to be helpful for the immune system and maintaining an optimally functioning digestive system. For centuries, cultures all over the world (Georgia, Azerbaijan, Ecuador, Himalayas) have used a variety of healthy microflora (probiotics) to sustain a healthy body. Probiotics need to be given in high amounts with over one billion per serving to be effective. They should also be consumed regularly. NutriClean Advanced Fiber Powder includes 1.5 billion CFU's per serving including lactobacillus acidophilus, lactobacillus plantarum, and lactobacillus casei and bifidobacteria bifidum.

How do I take Nutriclean® Advanced Fiber Powder?

Mix one rounded scoop of Nutriclean® Advanced Fiber Powder in an eight-ounce glass of cold water, stir or shake briskly and drink immediately. Drink plenty of fluids while using this product.

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