FIBER MGP

ORTHO MOLECULAR PRODUCTS®
Because Efficacy Matters®

CLINICAL APPLICATIONS

- *Provides 11 g of Fiber to Support Digestive Health*
- *Supports Natural GLP-1 Production to Curb Appetite and Cravings*
- *Promotes Microbiome Balance by Increasing Akkermansia and F. prausnitzii*
- *Provides Gentle Relief for Occasional Constipation and Diarrhea*

GASTROINTESTINAL SUPPORT

Fiber MGP is a next-generation fiber supplement designed to promote a healthy gut microbiome, support satiety and weight management, and aid in healthy bowel function. This innovative formula aids in promoting digestive regularity, alleviating occasional digestive distress and serving as a prebiotic to enhance microbial diversity and beneficial flora. Fiber MGP provides 11 g of fiber strategically designed for gentle digestion and optimal tolerance.

Overview

Dietary fiber is a critical component of human nutrition. The USDA's Adequate Intake recommendation for fiber is 14 g per 1,000 calories.[1] Despite its importance, only 5% of the population meets these recommendations, making inadequate fiber intake a recognized public health concern.[2,3] Adequate dietary fiber intake supports cardiovascular, gastrointestinal and metabolic health.[4-6] Some examples of the digestive benefits of fiber include increased stool bulk, reduced transit time, and increasing beneficial flora and microbial diversity.[7-9]

Fiber is a plant-based material that cannot be digested by humans. It is classified into two main types: soluble and insoluble fiber.[10] Certain types of soluble fiber can be selectively metabolized by gut microbiota in the digestive tract. Resistant fiber and starches pass through the small intestine and reach the large intestine where they are fermented by gut bacteria nourishing beneficial bacteria and promoting microbial diversity while insoluble fibers add bulk to stool.

Solnul® Resistant Potato Starch (RPS)†

Solnul® is a prebiotic resistant starch that selectively feeds *Bifidobacterium* to support optimal digestion and gastrointestinal health. In a four-week clinical trial of 75 adults, participants that consumed 3.5 g/day of RPS experienced significantly greater abundance of *Bifidobacterium* and *Akkermansia muciniphila* as well as improved regularity and consistency of bowel movements compared to the placebo group.[11] *Bifidobacterium* species is associated with various positive health effects including supporting a healthy immune system,[12] producing beneficial metabolites,[13] maintaining intestinal barrier function[14] and supporting a balanced mood by influencing neurotransmitter pathways.[15] Furthermore, consumption of RPS produces changes in gut microbiota that often correlate with improved digestion.[15] *Akkermansia muciniphila* generally has positive effects on health by strengthening the intestinal barrier, supporting metabolic health and promoting a healthy weight.[16]

Livaux® Kiwi Extract†

Livaux® is an extract of the gold kiwifruit *Actinidia chinensis* that has been shown to support microbiome health, enhance immune function, and promote digestive wellness.[17] Gold kiwifruit is naturally rich in fiber, like pectin, and polyphenols, which promote optimal digestion, regular bowel movements[17] and the growth of *Faecalibacterium prausnitzii* and *Akkermansia muciniphila*.[18] *F. prausnitzii* is recognized for its significant role in maintaining intestinal health, primarily through the production of butyrate, a short-chain fatty acid that supports energy production and contributes to a healthy inflammatory response.[19] Clinical studies show Livaux® supplementation

† 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.

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significantly increases *F. prausnitzii* populations by up to 34%.[21] A well-balanced gut microbiome is essential for a strong immune system, as over 70% of immune cells reside in the gut.[20] Research suggests Livaux® supplementation improves immune resilience by enhancing the gut-associated lymphoid tissue (GALT), improving the body's adaptability to environmental stressors.[21]

Fibriss® Baobab Fruit Extract†

Fibriss® is an innovative dietary fiber ingredient derived from the baobab fruit *Adansonia digitata*, often referred to as the "tree of life". The key benefits of Fibriss® include prebiotic support, enhancing digestive regularity,[22] increasing antioxidant protection and supporting a normal inflammatory balance, promoting satiety and a healthy weight.[23]

FiberSMART® Tapioca Resistant Dextrin†

FiberSMART® Tapioca is a cutting-edge resistant dextrin fiber, designed to support gut microbiome balance, digestive health, and metabolic function. Studies show resistant dextrins improve stool consistency and promote softer, easier-to-pass stools, making FiberSMART® particularly beneficial for individuals struggling with irregular bowel movements.[24] FiberSMART® has also been shown to promote the growth of beneficial bacteria like *Bifidobacteria* and *Akkermansia muciniphila*.[25]

Oat Beta-Glucan and Flaxseed Flour†

Oat beta-glucan is a soluble dietary fiber derived from the cell walls of oats with key benefits ranging from supporting optimal heart health, metabolism, digestive health and immune function.[26] Long considered a "superfood" for its various health-promoting benefits, flaxseed has been shown to improve several cardiometabolic biomarkers, increase antioxidant protection, relieve occasional constipation and help with quality of life by improving mental fatigue.[27]

Directions

Mix 1 scoop (16.7 g) with 6-8 ounces of water or your preferred beverage, once daily or as recommended by your health care professional. Use with liquids below 140°F for best results.

Does Not Contain

Gluten, yeast, artificial flavors or synthetic colors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product. Because Glucomannan is a bulk-forming fiber, the drink becomes viscous within 20 minutes of its preparation. Without drinking enough liquid, the product may swell in the throat, causing blockage or choking. Avoid use if you have ever had esophageal narrowing or swallowing difficulties.

Supplement Facts V1

Serving Size 1 Scoop (16.7 Grams)
Servings Per Container About 30

	Amount Per Serving	% Daily Value
Calories	60	
Total Fat	1 g	1%*
Total Carbohydrate	14 g	5%*
Dietary Fiber	11 g	39%*
Soluble Fiber	8 g	
Insoluble Fiber	3 g	
Total Sugars	2 g	**
Microbiome Foundation Blend	5.3 g	
Resistant Potato Starch (Solnul®)		**
Baobab Fruit Powder (FIBRISS®) (Organic)		**
Golden Kiwi Fruit Powder (Livaux®)		**
Glucobalance Blend	6.9 g	
Resistant Tapioca Dextrin		**
Oat Beta Glucan		**
Glucomannan (*Amorphophallus konjac*) (Root)		**
Prebiotic Biodiversity Blend	3.7 g	
Acacia (*Acacia senegal*) Fiber		**
Partially Hydrolyzed Guar Gum (Sunfiber®)		**
Chia Seed Powder		**
Flaxseed Flour		**
Arabinogalactan Heartwood (from Larch Tree)		**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Natural Flavors, Citric Acid, Malic Acid, Turmeric (Color), Rebaudioside M, Fruit and Vegetable Juice (Color).

ID# 715030 501 Grams

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