

LOCLO

342 g Bulk Herb, Dietary fibre supplement, Stock No. 1347-6

Coeliac alert: This product contains gluten.

Health professionals are regularly recommending that individuals consume diets that are low in fat and high in fibre, especially soluble fibre. Diets of this type have been linked to reducing blood cholesterol levels and reducing the risk of heart disease.

LOCLO provides a high level of fibre: 3.0 grams of soluble fibre and 0.7 grams of insoluble fibre per serving, from five sources.

Did you know?

Modern health problems are in part due to the decline in the amount of fiber we eat. This decline parallels the increase in industrialization but has accelerated in recent decades with the proliferation of processed foods and convenience eating. Since we live longer now, and because fiber effects accumulate slowly, the results of inadequate fiber have more time to develop, and they tend to show up as we get older. This makes fiber deficiency harmful because its results don't emerge until it's too late to apply correct dietary measures. Indeed, fiber proves that prevention is the best medicine.²

NSP Advantage

Bulk Herb; high dietary fibre supplement.

Ingredients: Psyllium (*Plantago ovata*) seed hulls, fructose, apple fibre, oat bran (*Avena sativa*) (inner husk), citric acid, cinnamon (*Cinnamomum cassia*), acacia (*Acacia seyal*) gum, guar (*Cyamaposis tetragonolobus*) gum, natural apple flavour, SynerPro concentrate (broccoli [*Brassica oleracea*] powder, turmeric [*Curcuma longa*] root, red beet [*Beta vulgaris*] root, rosemary [*Rosmarinus officinalis*] leaves, carrot [*Daucus carota*] root powder, tomato [*Solanum lycopersicum*] fruit powder, Chinese cabbage [*Brassica rapa*] leaves powder, cabbage [*Brassica oleracea*] leaves powder, orange and grapefruit bioflavonoids, hesperidin), and safflower (*Carthamus tinctorius*) seed oil. LOCLO is sodium free, rich in potassium and high in soluble fibre.

Recommendation: Add approximately 1 level tablespoon of LOCLO fibre supplement to 8 ounces (250 mL) of cold water. Shake or stir vigorously and drink immediately. Each serving provides 3.8 grams of dietary fibre.

1. Winick, Myron, *The Fiber Prescription*, Fawcett Columbine, 1992, p.3.

2. Scala, James, *Prescription for Longevity*, Plume, 1992, p.111.

Features & Benefits

- Provides dietary bulk for preventing constipation and relieving diarrhea.
- Soluble fibre absorbs toxins and unabsorbed fats in the bowel and eliminates them.
- Improves digestion.
- Helps with weight management by decreasing appetite, controlling cravings, aiding in the metabolism of fat, and providing a sensation of fullness.
- Fibre has demonstrated its power to reduce the risks of serious health conditions such as heart disease, colon cancer, diverticulitis, constipation, obesity, and diabetes.¹