



Advanced Fiber

Two scoops of newly reformulated Advanced Fiber contain 3 grams of fructooligosaccharide (FOS), a prebiotic that supports a healthy intestinal environment and increases absorption of calcium and magnesium.* Prebiotics in general provide a favorable environment for beneficial bacterial in the gut.

Unflavored powder makes a convenient addition to juices, smoothies, or meal replacement shakes. 30 serving jar.

- **3 g FOS and 3 g oat fiber per serving**
- **Contains soluble and insoluble fiber**
- **Helps to reduce occasional constipation**
- **Unflavored**
- **Smooth texture**

***Studies in non-bariatric populations.**

Form: Array

Flavor:

Size:

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Adequate amounts of daily dietary fiber are important for maintenance of digestive regularity and increased fiber intake has been associated with a number of protective health benefits. The recommended intake for adults is 14 g total fiber per 1,000 kcal, or 25 g for women and 38 g for men.¹ Two servings of reformulated Advanced Fiber provides 12 g of dietary fiber.

Many people, including bariatric patients, obtain low amounts of fiber from their diet. Newly reformulated Advanced Fiber from **Bariatric Advantage** provides a convenient option for supplementary fiber and has been formulated specifically for the weight-loss patient.

*Studies in non-bariatric populations.

Reference:

1. [Dahl WJ et al. J Acad Nutr Diet. 2015;115:1861-1870.](#)

Nutrient	Amount	
Fiber	6	g

Per 2 Scoops