

# daily fibre

## provides optimal dietary fibre

Product commercial name[s]  
Daily Fibre capsules

Dosage form  
Hard gelatine capsules

Presentation  
Carton containing 30/60/90 blister packaged capsules or  
bottle containing 30/60/90 capsules

Production code  
VP-DFR-221

Administration  
Oral administration: take six capsules per day

Storage instructions  
At all times maintain product in a cool dry place below 25°C

### Composition

Each capsules contain:

Flax seed	10mg	Psyllium husk fibre	100mg
Fruit pectins	100mg	Citrus cellulose fibre	50mg
Fennel seed	10mg	Jamaican ginger root	50mg
Oat bran fibre	100mg	Scandinavian beet fibre	50mg
Peppermint leaf	10mg	Fructo-oligosaccharides	20mg
Slippery elm bark	50mg	Althea marshmallow root	10mg

### Indications

Vitex's Daily Fibre formulation provides dietary fibre from twelve internationally acclaimed fibres. Psyllium husks provide a basic fibre which is made of mucilage and hemicellulose. It has the qualities of both soluble and insoluble fibres and is the most effective fibre for eliminating stored waste. Oat Bran, Fruit pectins, Okra, Flax seed, Slippery Elm bark, Althea Marshmallow and Citrus Cellulose are traditionally softening and soothing fibres. In particular, Scandinavian beet fibre improves bowel function and increases the excretion of bile acids. Fructo-oligosaccharides are primarily probiotic. This probiotic nutrient encourages the growth of proper intestinal flora. Oligosaccharides also improve blood sugar control. The mucilage in the Flax seed binds bile acids and helps eliminate toxins. Flax seed contains lignans, which have antioxidant and anti-carcinogenic properties. Slippery Elm bark and Althea Marshmallow root are traditionally used to calm inflammation and irritation. While Jamaican Ginger roots, peppermint leaf and fennel seed are traditional remedies for indigestion and gastro-intestinal distress.

### Comments

- Pregnant or lactating women should consult a physician before using this product
- If symptoms persist consult a healthcare professional
- Keep out of reach of children