



Item: 10456
Quantity: 1lb

LiFiber®

Supports Cleansing and Weight Loss

- ▶ Helps cleanse the colon.*
- ▶ Assists weight loss goals.*
- ▶ Helps maintain a healthy blood cholesterol level.*

A DIGESTIVE HEALTH SYSTEM

“My wife and I both use LiFiber daily, and we wouldn’t go without it. This product helps with weight management and cardiovascular health. Whenever anyone tries it, they soon find out for themselves how much better it makes them feel.”†

Tyler Little, Unicity Associate

P PRODUCT INFORMATION

The National Cancer Society recommends 25–30 grams of fiber per day, but the typical North American diet includes only 8–10 grams of daily fiber. LiFiber provides ample high-quality dietary fiber and herbs that are beneficial to the gastrointestinal tract. LiFiber is a psyllium-based powder drink that can be added to water, juice, or the beverage of your choice.*

Unicity’s LiFiber offers increased effectiveness by including a special dietary fiber called fructooligo saccharide (FOS). Derived from chicory root, FOS is a naturally sweet substance that cannot be digested by human digestive enzymes. FOS is mainly used as a source of food for beneficial intestinal bacteria.*

In addition, LiFiber includes 29 different herbs that supply both insoluble and soluble fiber. Studies indicate that soluble fiber may help reduce blood cholesterol, while insoluble fiber passes quickly through the digestive system and helps clear the colon of toxins and other wastes.*

F FEATURES AND BENEFITS

- ▶ Provides more soluble fiber than oat bran.*
- ▶ Supplies 5.6 grams of soluble and insoluble fiber per 10 gram serving.*
- ▶ Helps clear the colon of toxins and other wastes.*
- ▶ Helps reduce blood cholesterol.*
- ▶ Assists weight loss goals by providing a full feeling.*

* 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.

LiFiber®

? FREQUENTLY ASKED QUESTIONS

Q: Q: If I am already taking Bios Life 2® or MultiFiber TLCTM, can I still take this product?

A: LiFiber can be used safely with any other fiber product. It is suggested that we take in over 30 grams of fiber daily. You can certainly get that fiber from multiple sources, including as Bios Life 2 and MultiFiber TLC.

Q: Will this product make me feel bloated?

A: LiFiber is an herbal fiber blend that promotes a healthy digestive system. While you may feel full, you should not feel bloated.

S SCIENCE

A low-residue diet causes a gluey state that cannot be efficiently processed by the intestines. The colon is the solid waste management organ for the entire body, and mucous and rubber-like waste can easily adhere to the colon walls. The colon is the easiest breeding ground for microorganisms, some of which may be harmful. The latest estimates show that over 90 percent of disease in America is related in some way to an unhealthy colon. Headaches, skin blemishes, bad breath, fatigue, and joint distress can be linked to a congested colon. In addition, colon and bowel problems are a big factor in early aging.*

When waste backs up, it becomes toxic and then releases the toxins into the bloodstream. Other elimination organs become overburdened in their detoxification duties, and it's easy to see why health problems begin. Cleansing your colon lightens the toxic load on every part of your body. In fact, hardly any healing program will work without a colon cleanse as part of it. Real healing takes place at the deepest levels of your body: your cells. All your cells are fed by your blood. Some of the nutrients that reach your blood get there by the way of the colon. So a clogged, dirty colon may mean toxins in your blood. Fiber's significance comes from its ability to move food through the digestive system quickly and easily.*

R REFERENCES

Levi F, Pasche C, Lucchini F, La Vecchia C. Dietary fibre and the risk of colorectal cancer. *Eur J Cancer*. 2001 Nov;37(16):2091-96.

Guimaraes EV, Goulart EM, Penna FJ. Dietary fiber intake, stool frequency and colonic transit time in chronic functional constipation in children. *J Pediatr*. 2001 Sep;34(9):1147-53.

Supplement Facts

Información Nutricional

Serving Size: 10g Tamaño de Porción: 10 g
Serving Per Container: About 45†† Porciones por Envase: Aproximadamente 45††

Amount Per Serving		% Daily Value†
Cantidad por Porción		% Ingesta Diaria Recomendada†
Proprietary Blend 5.95g	Mezcla Patentada 5.95g	
Psyllium Husk	Cáscara de Psyllium Plátano	+
Slevia Extract	Extracto de Slevia	+
Citrus Pectin Complex	Citrus Grandis	+
Hibiscus Flower	Flores de Hibisco (Hibiscus)	+
Alfalfa Whole Plant	Planta de Alfalfa (Medicago Sativa)	+
Black Walnut Hulls	Cáscara de Nuez de Nogal Negro (Juglans Nigra)	+
Buchu Leaf	Hoja de Buchu (Barosma Betulina)	+
Burdock Root	Raíz de Bardana (Arctium Lappa)	+
Cape Aloe Powder	Aloe Babadensis	+
Cayenne Fruit	Fruta de Cayena (Capsicum Minimum)	+
Chickweed Leaf	Hoja de Pámpelnz (Stellaria Media)	+
Cinnamon Bark	Corteza de Canela (Cinnamomum Cassia)	+
Clove Seeds	Semilla de Clavo (Geum Urbanum)	+
Corn silk	Palusa de Maíz (Zea Mays)	+
Dandelion Root	Raíz de Diente de León (Taraxacum Officinale)	+
Echinacea Root	Raíz de Equinacea (Echinacea Angustifolia)	+
Fenugreek Seed	Semilla de Fenebreco (Foenum graecum)	+
Garlic Bulb	Tubérculo de Ajo (Allium Sativum)	+
Ginger Root	Raíz de Jengibre (Zingiber Officinale)	+
Marshmallow Root	Raíz de Malvasisco (Althaea Officinalis)	+
Papaya Fruit	Papaya (Carica Papaya)	+
Peppermint Leaf	Hoja de Menta (Mentha Piperita)	+
Pumpkin Seed	Semilla de Calabaza (Cucurbita Pepo)	+
Red Raspberry Leaf	Hoja de Frambuesa Roja (Rubus Idaeus)	+
Rhubarb Root	Raíz de Rulbarbo (Rheum)	+
Slippery Elm Bark	Corteza de Olmo (Ulmus Fulva)	+
Yucca Root	Raíz de Yucca (Yucca Schridgera)	+
Guar Gum Powder	Goma Guar	+
Licorice Root Powder	Raíz de Regaliz (palo dulce/Glycyrrhiza)	+

† Daily Value not established. †† Ingesta Diaria no establecido.

Other Ingredients: Fructose, maltodextrin, fructo-oligosaccharide, natural orange flavor and banana flavor. **Otros Ingredientes:** Fructosa, maltodextrin, fructo-oligosacáridos, saborizante de naranja natural y saborizante de plátano.

* You may not get exactly 45 servings per container due to storage conditions or settling of powder.
†† Puede no obtener exactamente 45 porciones por paquete debido a las condiciones de almacenamiento o el asentamiento del polvo.

Contains: Black Walnut. Contiene: Nuez de Nogal Negro.



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Place your order at www.unity.net, or call us at 1-800-UNICITY (864-2489).
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