

A synergistic blend of fibers, available in unsweetened/unflavored powder

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PaleoFiber® contains a combination of fibers derived from fruits, vegetables, roots, seeds, and tree extracts. This product was designed with the features of the Paleolithic diet in mind, which is what human physiology is most likely adapted to fit.

Features of PaleoFiber®

- **12 types of fiber:** Acacia gum, cellulose, guar gum, cranberry seed powder, carrot fiber, inulin, orange fiber, glucomannan, apple pectin, psyllium husk, flax seed, prune powder
- **Free of non-paleolithic food extracts:** free of grains (wheat, oat or rice bran) and legumes (peas, beans or soy fibers)
 - gluten and lectin free, low allergenicity
 - free of phytates (phytate is found in grains, has an acid load and binds minerals -which interferes with their absorption)
- **Antioxidant properties** from fibregum tan (a unique acacia gum high in polyphenols) and cranberry seed powder (also high in polyphenols and anthocyanidins that give it its red color)
- **Negligible caloric value:** no significant carbohydrate content (although fiber is required to be listed as grams of carbohydrates on food labels)
- **A good balance of soluble and insoluble fibers,** with emphasis on soluble fiber (which is very difficult to get from common diets)
- **Guaranteed purity:** does not contain toxic contaminants
- **Naturally flavored:** no artificial sweeteners, flavors, or colors
- **Mixes well & tastes great**

Highlights

Acacia gum: This soluble fiber is an arabinogalactan from the acacia tree. It is a prebiotic and supports the growth of friendly bacteria (such as Bifidobacteria and Lactobacilli) while inhibiting clostridium based on human clinical trials and *in vitro* research.^{1,2} This fiber may be beneficial for those with obesity, type 2 diabetes (T2D) or metabolic syndrome. A randomized trial showed that three months of supplementation with acacia gum (AG) resulted in significant decreases in BMI, visceral adipose and systolic blood pressure in subjects with T2D.³ A separate study in subjects with T2D showed that AG supplementation resulted in significant decreases in fasting glucose, HbA1c, triglycerides and BMI while increasing HDL-cholesterol.⁴ AG gum supplementation was also shown to reduce BMI and body fat percentage even in healthy subjects,⁵ suggesting that it may be useful for weight management.

Cranberry seed powder: This insoluble fiber has an even more impressive ORAC value of 197, mostly due to its content of phenolics and anthocyanidins.

Carrot fiber: This insoluble fiber has a very high water binding ability (18 times its weight) and may support healthy bowel movements.

Guar gum: This soluble fiber slows gastric transit time and stimulates satiety hormones, which may reduce appetite and aid in weight management by facilitating reduced caloric intake at subsequent meals.^{6,7} Addition of guar gum to meals has been shown to reduce postprandial glycemic excursions among healthy individuals as well as those with T2D or impaired glucose tolerance.⁸ In those with insulin-dependent diabetes and mild hypercholesterolemia, guar gum was shown to significantly reduce fasting blood glucose, HbA1c and LDL-C.¹⁰ Guar gum was shown to substantially reduce postprandial insulin even when glucose is not significantly affected⁹, making it potentially helpful for those with metabolic syndrome and comorbidities related to chronic hyperinsulinemia.¹¹

PaleoFiber® May Benefit*:

- Proper intestinal function & bowel movement (may help alleviate occasional constipation or diarrhea)^{23,24}
- Dietary management of IBS, diverticulitis, ulcerative colitis, Crohn's^{12,21}
- Weight management^{5-7,17}
- Normal appetite and prolonged sense of fullness between meals^{6,7,17}
- Healthy postprandial glucose response, lower risk of hypoglycemia, normal insulin sensitivity^{4,5,8,9}
- Healthy cholesterol metabolism^{4,10,13,14,22,24}
- Healthy blood pressure^{3,18}
- A proper inflammatory response²⁵
- A healthy hormonal balance by assisting with the elimination of metabolites of sex hormones¹⁹
- Detoxification¹⁶

The addition of soluble and insoluble fiber can modulate some of the physiological responses to meals in positive ways as well as favorably impacting fasting blood parameters, such as:

- Lower glycemic excursions and reduced insulin response^{8,9}
- Reduced serum cholesterol and triglycerides^{10,11,14}
- Increased satiety and potential for improved appetite regulation and energy intake^{6,7,17}

Soluble fibers in PaleoFiber® include: guar gum, acacia gum, apple pectin, inulin, and glucomannan

Insoluble fibers in PaleoFiber® include: cellulose (from carrot fiber and psyllium husk) and lignins (such as flax and cranberry seed)

Fiber supports normal appetite*: Fiber increases intestinal bulk, slows down stomach emptying and slows transit time of food through the GI tract. All of this contributes to appetite reduction; fiber may stimulate receptors on the stomach/intestinal wall by increasing CCK (the satiety neurotransmitter) or reducing ghrelin (a hunger hormone).⁶

Fiber supports weight management*: Fiber supports fat loss by reducing appetite, calories absorbed, and the insulin response. One study reported that 14 g/day of fiber added to an unrestricted diet was associated with an average body weight loss of four pounds during four months.¹⁷

Fiber supports healthy glucose metabolism and normal insulin response*: Soluble fiber slows stomach emptying and the passage of food in the upper part of the intestine. Consequently, both the total amount of glucose and the rate at which it is absorbed is lowered. Since insulin response is proportional to the rate at which glucose appears in the bloodstream, average insulin levels and total insulin output are lowered by fiber consumption. Apple pectin has been heavily studied for its ability to slow down gastric emptying (great for people who are hungry all the time), aid weight management, support healthy LDL cholesterol and triglycerides, and even helps with post-prandial insulin levels in insulin dependent diabetics.²⁶

Fiber supports normal cholesterol and triglycerides*: Soluble fiber binds fatty acids, cholesterol and bile acids and prevents their absorption or reabsorption during circulation. Soluble fiber increases bile acid synthesis, creating an avenue for cholesterol excretion. Since insulin stimulates cholesterol and triglyceride synthesis, lowering insulin with fiber may lower blood lipids. It may be wise to consume PaleoFiber® with meals that contain cholesterol.

Fiber and cholesterol-lowering medications: Fiber may have a supplementary effect on the cholesterol-lowering effects of statins. One study found that a combination of lovastatin and 20 g/day of guar gum lowered total cholesterol by 44%, while lovastatin alone only lowered it by 34%.²²

Fiber supports gastrointestinal health*: Soluble fibers can be converted by friendly intestinal bacteria to short-chain fatty acids (SCFA), which can nourish the intestinal cells and help maintain proper colon pH, which in turn reduces the growth of pathogenic bacteria.

Everyone can benefit from PaleoFiber®: The RDA for fiber is 25-30 g/day, but because most Americans don't consume enough vegetables, fruits, or other fiber-rich foods, most people average only about 15 g per day. Two teaspoons of PaleoFiber® provide 3 grams of fiber, which can help boost fiber intake closer to the recommended daily amount.

How to Take PaleoFiber®:

- Take 5 grams (approx. 2 teaspoons) in water per day, or as directed by your health care practitioner.
- Consume extra water when taking PaleoFiber®.
- Prevent gas and bloating by increasing doses slowly, allowing the body time to adjust to higher doses of fiber.
- Do not take PaleoFiber® at the same time as any prescription medication, especially fat soluble ones such as HRT as it may reduce the absorption.

Supplement Facts

Serving Size 5 grams (approx. 2 teaspoons)

Servings Per Container 60

Amount Per Serving	% Daily Value	
Calories	20	
Total Carbohydrate	4 g	1%*
Dietary Fiber	3 g	11%*

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Acacia gum, cellulose, guar gum, cranberry seed powder, carrot fiber, inulin, orange fiber, glucomannan, apple pectin, psyllium husk, flax seed, prune powder.



For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/techsheet-references/paleofiber-references.pdf>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

*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.

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.