

Research Report—FiberWise® Drink and Bars



Digestive Health

Researched and Written by Brenda Templin

This report is on psyllium husk and oats, the herbs licorice root, ginger, burdock, slippery elm, aloe, peppermint and garlic, Coenzyme Q10, and prebiotics and probiotics for optimal functioning of the digestive tract. These are key ingredients in Melaleuca's **FiberWise® Drink** and **FiberWise® Bars**.

The National Cancer Institute and the U.S. Surgeon General recommend 20-35 grams of fiber per day, but the typical consumer ingests only about 10 grams of fiber daily. Supplementing the diet with both soluble and insoluble fiber will help promote the elimination of toxins. A good source of both prebiotics and probiotics helps to provide balance and sustain proper ratios of good bacteria in the intestines. Botanicals, antioxidants, vitamins and minerals soothe and supplement the intestinal tract for optimal digestive health and function.

Just as the combination of two different chemicals can result in many times the effect of the combined total effect of two chemicals individually, many herbs are more beneficial in combination with other particular herbs. On the same note, the combination of prebiotics and probiotics, or "synbiotics", synergistically work together for optimal functioning of the digestive tract. Your best strategy is to choose complete products backed by scientific research for optimal results.

It is always recommended that you inform your health care practitioner if you are taking any over-the-counter medication or natural health products, as they can react adversely with some prescription drugs. If you have a medical condition, consult with your physician before taking these or any other herbs, prebiotics or probiotics.

Fiber for Maintaining Regularity — FiberWise® Bars

This MedicineNet.com article, [Fiber](#), lists the benefits of dietary fiber in controlling specific conditions, as well as helpful tips from the American College of Gastroenterology. (MedicineNet.com is a nationally recognized network of over 70 board certified physicians who provide unbiased, comprehensive and easy-to-understand information.)

The article [Dietary Fiber is Still in Style](#), published in the Mar/Apr 1999 issue of Food Insight, stresses the importance of maintaining a healthy population of bacteria in our large intestines to help prevent the accumulation of toxic and pathogenic (disease-causing) bacteria. (*Food Insight is a bimonthly newsletter for professionals and media on current topics in food safety and nutrition, published by the International Food Information Council Foundation (IFIC) Foundation. The IFIC's purpose is to bridge the gap between science and communications by collecting and disseminating scientific information on food safety, nutrition and health and by working with an extensive roster of scientific experts and through partnerships to help translate research into understandable and useful information for opinion leaders and ultimately, consumers.*)

The informative [Wikipedia article on Psyllium](#) outlines that it is usually used as a laxative, but it should be classified as true dietary fiber.

In the article, [Oats - Superfood](#), authors point out that oats have lots of flavonoids which are powerful antioxidants that help prevent heart disease and cancer.

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"Being a Melaleuca Marketing Executive, it is an advantage when we can show clinical studies to back up our claims about the benefits of becoming a Melaleuca customer. So once again, thank you." S.B.

"All the reports are very informative and helpful. They will definitely be of great help in getting my customer base interested. Many thanks..." S.D.

"Excellent! Thorough and informative. Thank you!" J.A.

"I just wanted to say

[Functional Foods](#), an article by the International Food Information Council Foundation, lists potential benefits of both soluble and insoluble dietary fiber.

Herbs for Soothing the Digestive Tract — FiberWise® Drink

This article [3 Herbs for Good Digestion](#) touts the soothing effects of ginger, peppermint and aloe on the digestive system.

Antioxidants for Counteracting Free Radical Production

Green Tea Extract

According to the article [Green Tea](#) on the University of Maryland Medical Center website, green tea's cancer-fighting effects work on various types of cancers, not only for prevention, but researchers also believe the polyphenols found in green tea extract may actually kill cancerous cells and stop them from growing.

Grape Seed Extract

According to the abstract [Cellular protection with proanthocyanidins derived from grape seeds](#), results of this study demonstrate that grape seed proanthocyanidin extract (GSPE) is highly bioavailable and may serve as a potential therapeutic tool in protecting multiple target organs from structurally diverse drug- and chemical-induced toxicity.

This article concludes that both *in vitro* and *in vivo* experiments demonstrated that grape seed extract is highly bioavailable and provides significantly greater protection against free radicals and free radical-induced lipid peroxidation and DNA damage than vitamins C, E and beta-carotene. [Free radicals and grape seed proanthocyanidin extract: importance in human health and disease prevention.](#)

According to the abstract [Grape seed proanthocyanidin extract demonstrates better antioxidant activity than other free radical scavengers](#), the results of *in vivo* studies show that grape seed proanthocyanidin extract (GSPE) appears to be better at scavenging free radicals and preventing oxidative damage to brain and liver tissue than other antioxidants. GSPE demonstrated significant antioxidant activity and is useful *in vivo* in inhibiting oxidative damage to brain and liver tissue.

Garlic

This abstract, [Antioxidant Health Effects of Aged Garlic Extract](#), of a study conducted by Tufts University School of Medicine, concludes that there is substantial evidence showing the ability of aged garlic extract to protect against oxidant-induced disease, acute damage from aging, radiation and chemical exposure, and long-term toxic damage.

In this study conducted by the Institute for OTC Research in Japan and published in the Journal of Nutrition, [N-\(1-Deoxy-D-fructos-1-yl\)-L-Arginine, an Antioxidant Compound Identified in Aged Garlic Extract](#) it was found that the major active compound responsible for antioxidant activity in aged garlic extract is Fru-Arg, with comparable antioxidant activity of ascorbic acid. Fru-Arg was not detected in either raw or heated garlic juice.

Coenzyme Q10

This IntelliHealth article, [Coenzyme Q10](#), summarizes the results of a large number of studies on Coenzyme Q10. In summary, it was found that Coenzyme Q10 is made naturally by the human body, helps cells to produce energy and acts as an antioxidant. Coenzyme Q10 has also shown an ability to stimulate the immune system and to protect the heart from damage caused by certain chemotherapy drugs.

Antioxidant Vitamin E

American adults consume only about eight milligrams of Vitamin E per day, according to Maret Traber, an associate professor in the Linus Pauling Institute of Science and Medicine. The

thank you for the report and to let you know how helpful I found it. — A really useful newsletter! Thanks."
D.H.

"A real gold mine of info."
J.K.

"Thanks for your tireless pursuit of truth. It is a huge resource to us!!"
P.L.

"I love this report, and the leads generated from it..."
D.B.

amount of vitamin E that had beneficial effects in epidemiological studies, Traber said, was more than 100 milligrams per day - an amount not achievable by normal dietary means, but easy to provide by inexpensive supplements. Both clinical and epidemiological studies by numerous researchers have confirmed this as well as confirming that natural vitamin E is about twice as potent as its synthetic counterpart. This is much higher than the 15 milligrams per day RDA set by the Food and Nutrition Board of the National Academy of Sciences. This is reported in the Oregon State University article [New Antioxidant Vitamin "RDAs" Better, But Not Good Enough](#).

(The Linus Pauling Institute of Science and Medicine's mission is to determine the function and role of micronutrients, vitamins, and phytochemicals in promoting optimum health and preventing and treating disease, and to determine the role of oxidative and nitrative stress and antioxidants in human health and disease. Major areas of research in the Institute include heart disease, cancer, aging, neurodegenerative diseases, immune dysfunction and disease caused by exposure to toxins. Specific laboratories address antioxidants and vascular biology; vitamin E metabolism and biological activity; colon cancer and cancer chemoprevention by phytochemicals; the role of nitric oxide and oxidative stress in neurodegenerative diseases, such as ALS (Lou Gehrig's disease); and the role of oxidative stress and mitochondrial dysfunction in the aging process.)

Prebiotics for Enhancing Growth of Healthy Bacteria in the Digestive Tract

The article [F.O.S.: S.O.S. for your gut](#) in the November, 1999 issue of Better Nutrition details the benefits of prebiotics in our diet. *(Better Nutrition endorses no products, but since 1938 has informed consumers about the latest breakthroughs in nutritional approaches to optimal health and ongoing research into vitamins, botanicals (herbs), minerals and other supplements.)*

Another Better Nutrition article [Experts are 'pro' prebiotics](#) from the June, 1999 issue cites studies showing beneficial effects of prebiotics.

Probiotics for Maintaining Microbial Balance in the Digestive Tract

[The Application of Probiotics in cancer](#), Alejandra de Moreno de LeBlanca, Chantal Matara, and Gabriela Perdigón: *British Journal of Nutrition*/ Volume 98 / Supplement S1 / October 2007 , pp S105-S110 * DOI: Published online: 09 October 2007

Related Medical Journal Abstracts and Scientific Studies

[Probiotics in clinical conditions](#)

[The role of the intestinal microflora for the development of the immune system in early childhood](#)

[Immune-stimulating and gut health-promoting properties of short-chain fructo-oligosaccharides](#)

[Gut microbial ecology in critical illness: is there a role for prebiotics, probiotics, and synbiotics?](#)

[Probiotics as modulators of the gut flora](#)

[The physiology of colonic metabolism. Possibilities for interventions with pre- and probiotics](#)

[Nondigestible oligosaccharides](#)

[Probiotics and prebiotics: can regulating the activities of intestinal bacteria benefit health?](#)

[Effects of prebiotics on mineral metabolism](#)

[Stimulation of apoptosis by two prebiotic chicory fructans in the rat colon](#)

[Protective role of probiotics and prebiotics in colon cancer](#)

Comments From Your Researcher

I would love to know what you think about this report. You may [contact us](#) with any suggestions or comments about this report or FiberWise® Bars and FiberWise® Drink.

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