

PaleoFiber™

The Ultimate Fiber Product From Designs for Health

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DFH PaleoFiber is a combination of fibers derived from fruits, vegetables, roots, seeds, and tree extracts with added friendly bacteria and prebiotics. This product was designed with the features of the Paleolithic diet in mind, which is what human physiology is most likely adapted.

PaleoFiber's unique features:

- **12 types of fiber:** acacia gum, guar gum (from guar seeds), cellulose gum, carrot fiber, cranberry and flax seeds, psyllium husk, apple pectin, orange and prune fiber and two root fibers: inulin (from chicory root) and Konjac Glucomannan
- **Free of non-paleolithic food extracts:** grains (wheat, oat or rice bran) or legumes (pea, beans or soy fibers).
 - **gluten and lectin free**, low allergenicity
 - **free of phytates** (phytate fiber is found in grains, has an acid load and binds minerals, which interferes with their absorption)
- **Has significant antioxidant activity** from FIBREGUM™ TAN (a unique acacia gum high in polyphenols) and cranberry seed (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 g of carbohydrates on food labels)
- **A good balance of soluble and insoluble fibers**, with emphasis on soluble fiber (which is very hard to get from common diets)
- Guaranteed purity: free of toxic contaminants
- Naturally flavored: no artificial sweeteners, flavors, or colors
- **MIXES WELL & TASTES GREAT!**

Highlights on PaleoFiber ingredients:

FIBREGUM™ TAN: This soluble fiber is an arabinogalactan from the acacia tree. It is a *prebiotic* as it supports the growth of friendly bacteria, bifidobacteria and lactobacilli, while it inhibits clostridium. This fiber is excellent for diabetics due to its antioxidant abilities, and ability to lower glucose and insulin. **It has a certified antioxidant capacity of 39 ORAC units/g, due to its polyphenol content** (catechin, epicatechin, gallic acid, procyanidin). One study supplementing a 100g glucose load with 20g acacia gum per day showed a reduction of 16% and 18% in average glucose levels and total glucose absorption respectively. Also, insulin levels were reduced by 11%.

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

Hydrobind Carrot fiber: This insoluble fiber has a very high water binding ability (18 times its weight and may improve diarrhea).

Probiotics: The lactobacillus and bifidus strains found in PaleoFiber have excellent survival at room temperature.

Guar Gum greatly reduces Glycemic Load of a Meal

See Fig 1, which shows that adding a soluble fiber to meal of significant carbohydrate content can lower the plasma glucose response for the three hours after the meal.

The addition of soluble and insoluble fiber can modulate many of the physiological responses to meals in a positive way:

- lowered insulin response and triglyceride synthesis
- lowered fat and cholesterol absorption
- increased satiety and less chance of hypoglycemic events

PaleoFiber ingredients - research shows it supports*:

- Proper intestinal function & bowel movement (may alleviate constipation or diarrhea)^{14,15}
- Management of IBS, diverticulitis, ulcerative colitis, Crohn's^{1,11}
- Weight loss⁶
- Reduced appetite and prolonged sense of fullness between meals⁶
- Reduced glucose/insulin after meals, lower risk of hypoglycemia, improved insulin sensitivity⁷
- Lowering of total and LDL cholesterol & triglycerides^{3,4,13,15}
- Lowered blood pressure⁸
- May lower inflammation (reduced CRP)¹⁶
- Supports a healthy environment of friendly bacteria, which provide¹²:
 - intestinal cells support
 - immune system modulation
- Supports a healthy hormonal balance by assisting with the elimination of metabolites of sex hormones⁹
- Protects from environmental toxins by assisting in detoxification⁵
- May lower the risk of cancer of colon, breast, prostate^{1,5,9}
- May reduce PSA¹⁰

Fig1. Effect of a soluble fiber (guar gum) added to a meal on plasma glucose response.

