**Flora Fiber** Lite

Colonic Tonic of Gentle Fiber, Prebiotic Colon Food & Gut Healing Herbs

***Flora Fiber* is a triple purpose functional herbal food.**
1. At 5 grams of fiber per serving, it serves as a fiber supplement.
2. Prebiotic inulin helps to maintain a diversified gut microbiome by feeding all 500 different strains of healthy bacteria in the colon.
3. Its gentle herbal based formula, especially the mucilage content, has gut soothing and tissue healing properties, explained below.

***Flora Fiber*** is exceptionally well tolerated. If you’ve had trouble tolerating other fiber products, dislike them, or want something with much broader benefits, ***FF*** accomplishes everything that other fiber products do, without the side effects, and has several distinct advantages.

💩 The primary purpose of a fiber supplement is supplement dietary fiber for bowel regularity, most commonly to relieve constipation. The *right kind* of fiber can be equally effective for diarrhea. This is especially true with ***FF***, which I explain in the addendum.

INDICATIONS  ***FF*** can also help with most all other gut issues and digestive disorders: Irritable Bowel, IBS (all sub types), Leaky Gut Syndrome, Dysbiosis such SIBO, Colitis, Celiac, Crohns, Hemorrhoids, Heartburn/Acid Reflux, GERD, etc. Of course, it fits well also into colon cleansing and detoxification protocols as well.

Unlike insoluble fiber, which is indigestible and serves as food for our healthy gut bacteria, soluble fiber can be absorbed and goes on to have potent blood sugar stabilizing and cholesterol lowering properties. Back to the gut. When rehydrated, soluble fiber forms a viscous, slimy globule that is golden to our insides, especially the lining of our intestine, much like Aloe Vera gel is to a burn on the skin. Yes, it can help to heal a damaged gut lining, including leaky gut. The herbs in ***FF*** have gentle but potent anti-inflammatory and demulcent properties.

MILDER THAN GLUTAMINE ***FF*** is my first choice before resorting to Glutamine, which is a strong amino acid, and can be hard not only on the gut, but especially for the liver to process. Whereas Glutamine taxes the liver to be metabolized and leaves behind some metabolic waste, FF is not processed by liver and absorbs, binds and *removes* such toxic waste, rather than adding to it.

❗ INGREDIENTS: Slippery Elm Bark, Marshmallow Root, PreBioIn (proprietary organic Agave inulin w/FOS), Fenugreek Seed. Comes in economical bulk powder. Serving size 1 tablespoon.

CUSTOMIZABLE: Other ingredients of your choosing, or by Karl’s recommendation, may be added.

PRICING: 16 oz = 37.95 8 oz = $23.95
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