

Activated Fiber Tablets

Absorb less fat and increase fiber intake.*

For centuries people from all cultures have known the benefits of high-fiber nutrition for internal cleansing and the body's well-being. Once referred to as roughage and readily available in the average diet, fiber is missing in today's over-processed foods, with their overabundance of saturated fats and refined carbohydrates. A lack of dietary fiber increases the risk for everything from constipation and gastrointestinal disorders to cardiovascular disease, diabetes and colon cancer.

Fiber works by speeding up the time it takes food to pass through the large intestines, thereby diluting toxic and carcinogenic compounds. It also modifies the metabolism of foods, binds them for elimination and modifies the toxic bacteria in the colon. Plus, dietary fiber is helpful for those who want to lose weight, since fiber absorbs water so you feel full and satisfied throughout the day. Adding fiber to your diet can help improve your eating habits, which can lead to weight loss and more energy!*

Herbalife's Activated Fiber tablets contain high-quality dietary fiber from oats and other ingredients that help lower fat absorption rate while increasing fiber intake.* You'll enjoy a feeling of satisfying fullness, enabling you to resist the temptation of between-meal snacks.*

Discussion Points

- **Internal cleansing:** The natural ingredients in Activated Fiber Tablets provide the necessary dietary fiber to facilitate healthy elimination of toxins.*
- **Helps to lose weight:** Activated Fiber Tablets help provide a feeling of fullness and reduce the urge or craving for unhealthy foods.*
- **Reduce fat absorption rate:** Because Activated Fiber Tablets promote a healthy elimination of foods, they lower the amount of fat that is absorbed by the body.*

Did You Know?

According to a study in the Journal of the American Medical Association, adults who eat at least 23 grams of fiber a day are less likely to gain weight over the long term than those who don't regularly consume this amount of fiber. The study also revealed that fiber eaters also usually have lower insulin levels, which could lower the risk of obesity.

Fast Facts

- Each tablet contains 370 mg of dietary fiber.
- Taken with a full glass of water, Activated Fiber Tablets help create a feeling of satisfied fullness.
- Easy-to-swallow tablets.
- Can be used in conjunction with Herbalife's entire line of nutritional products.



SUPPLEMENT FACTS

Serving size: One (1) tablet
Servings per container: 90

One tablet provides: Activated Fiber Blend, a combination of dietary fibers high in soluble components; a Lipid Emulsifier known as Sodium Choleate; and a Lipid Transport Factor, known as L-Carnitine.

	Amount Per Serving	%Daily Value**
Total Carbohydrate	<1g	<1g
Dietary Fiber (from oats, orange pectin (citrus sinesis) (fruit), lemon pectin (citrus limon) (fruit), cellulose and gum arabic (Acacia senegal) (root).	370 mg	
Sodium Chelate	56 mg	†
L-Carnitine	25 mg	†

†Daily Value not established.

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

Other ingredients: Stearic Acid, Calcium Carbonate, Silicon Dioxide, Magnesium Stearate, Cross-linked Sodium Carboxymethylcellulose and Hydroxypropyl Cellulose.

Suggested serving: Take one tablet up to six times a day with food.

For maximum results: Take Activated Fiber with a full glass of liquid. Use this product in conjunction with other Herbalife products.

*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.

Ordering Details:

#0112 – \$15.75