

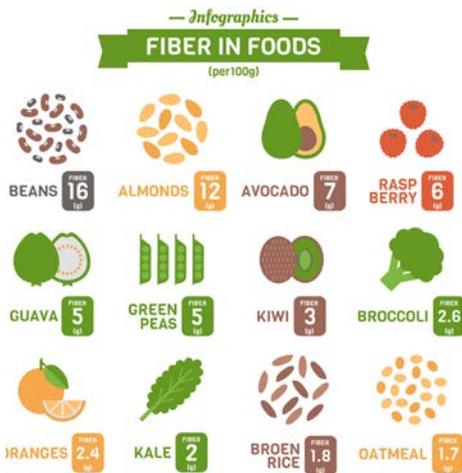


SMALL MOLECULE TECHNOLOGIES, INC.

MOLECULES & HEALTH

HEALING THROUGH MODERN SCIENCE · A PUBLICATION BY SMALL MOLECULE TECHNOLOGIES, INC.

Fiber For Better Health



You've heard it all before - if you want to be healthy, you need to eat more vegetables, fruits, beans, nuts, and whole grains. But why these foods? What makes them so special? There are plenty of things that make these foods good for us including the vitamins, minerals, and other plant nutrients (called "phytonutrients") that they contain, but one thing that these foods all have in common that is often overlooked is their high fiber content.

The health benefits that have been attributed to high fiber diets is truly overwhelming. There are tens of thousands of published peer-reviewed research articles that confirm the benefits fiber has in medical conditions including

heart disease, diabetes, cancer, obesity, inflammatory bowel disorders, irritable bowel syndrome, and many more. Some of the reported benefits include:

- Decreased inflammatory response in the digestive tract¹
- Improved absorption of nutrients^{1,2}
- Promote the growth of natural and beneficial probiotic bacteria³⁻⁵
- Improve digestion of other foods⁵⁻⁷
- Slower absorption of sugars, improving blood sugar levels⁸⁻¹¹
- Lowers LDL (bad) cholesterol and triglycerides¹²⁻¹⁴

- Promotes healthy bowel movements⁵
- Makes a person feel fuller longer, aiding in weight loss^{4,15-18}
- Improves serum lipid and cholesterol levels, hypertension, obesity, and diabetes^{11,19-21}

How Much Fiber do I Need?

We've known for decades that we need to be consuming more fiber, yet less than 5% of the American population regularly consumes the recommended 25 grams/day for women, or the 38 grams/day for men.^{22,23} Many health care professionals would recommend aiming even higher for 40 - 50 grams of fiber per day. A study conducted at Harvard and published in the BMJ added to the



body of evidence supporting fiber intake in heart disease. This study showed that after surviving a heart attack, the people that increased their fiber intake to the recommended 14 grams per 1,000 calories had a 35% reduction in cardiac mortality and a 31% reduction in all-cause mortality!²⁴



The good news is that Small Molecule Technologies Prebiotic Fiber makes it easier than ever before to boost the fiber content of your diet. You can easily incorporate Small Molecule Technologies Prebiotic Fiber into your meals to start experiencing the health benefits today!

Features of Small Molecule Technologies Prebiotic Fiber

Prebiotic Fiber is composed of soluble fiber, meaning that it dissolves completely, even in cold beverages. This means that when you mix Prebiotic Fiber into your food or beverage, it is completely free from grit and lumps. It is flavorless and odorless so it will not alter the taste or smell of your food or beverage. Prebiotic Fiber is also heat and acid stable,

meaning it does not break down into simple sugars like some other prebiotic fibers do when they are heated up or added to acidic foods like spaghetti sauce or orange juice.²⁵ The digestion-resistant maltodextrin used in Small Molecule Technologies Prebiotic Fiber is a slow-fermenting fiber, so it does not cause excessive gas and bloating that is commonly experienced with fast-fermenting prebiotic fibers like inulin (from chicory) and fructooligosaccharides (FOS).^{25,26}

To boost the fiber content for you and your family, try adding it to:

- Shakes / smoothies
- Yogurt / pudding
- Tea / coffee / juice
- Salad dressings
- Sauces (spaghetti, marinara, gravy, etc.)
- Dips and spreads (Guacamole, hummus, queso, salsa, etc.)
- Soups and stews
- Meatloaf
- Oatmeal



- Batters / dough
- Mashed potatoes

For best results, add 1 serving (11.7 grams) of Prebiotic Fiber to at least 8 oz. of fluid or soft food and stir until completely dissolved. In food preparations, try adding 1 serving of fiber for every intended serving of the dish you are preparing. For example, if you intend on 4 people eating the mashed potatoes you are preparing, add 4 servings of Prebiotic Fiber, stir well, and serve as you normally would. Adding Prebiotic Fiber to baked goods may re-



**GLUTEN
FREE**



**LACTOSE
FREE**



**EGG
FREE**



**SUGAR
FREE**

quire slight adjustments to other ingredients in the recipe such as flour or cornstarch.

Small Molecule Technologies Prebiotic Fiber is formulated so that it is completely free from:

- Animal products (vegan)
- Added sugars
- Artificial sweeteners
- Gluten / wheat
- Milk

- Soy
- Egg
- Sodium
- Yeast
- Dyes or colors
- Artificial flavorings
- Preservatives

Not only do you get the benefits of the Prebiotic Fiber, but the addition of Olivamine 10 Max adds even more benefits by providing patented antioxidant support. Start your path to good health today with Small Molecule Technologies Prebiotic Fiber!

	Pinnaclife® Prebiotic Fiber	Metamucil®	Miralax®	Benefiber®
Primary Ingredient	digestion-resistant maltodextrin (from corn)	psyllium seed husk	synthetic polymer	wheat dextrin
Grams of fiber per serving	11	1.5 - 6	0	3
Calories per Serving	20	10 - 150	0	15 - 30
Flavorless	✓	✗	✗	✓
Sugar-free	✓	✗ *	✓	✓
Dissolves completely	✓	✗	✓	✓
Contains Olivamine 10 Max	✓	✗	✗	✗
Prebiotic	✓	✗	✗	✗
Gluten free	✓	✗ †	✓	✓ ‡

*except capsules and some artificially sweetened products

†except capsules and some powder dosage forms

‡ contains <20 ppm gluten so by regulatory definition is gluten-free however still includes a warning to avoid use in people with gluten sensitivities or celiac disease due to wheat source

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About the author: Kyle Hilsabeck, PharmD., is the Vice President of Pharmaceutical Affairs at McCord Holdings and licensed by the Iowa Board of Pharmacy. He completed bachelors degrees in biology and biochemistry at Wartburg College before earning his Doctorate of Pharmacy from the University of Iowa College of Pharmacy. Upon graduation, he completed a community pharmacy practice residency through the University of Iowa where he focused primarily on nutritional aspects of care including the use of vitamin, mineral, and herbal supplements. He has taught courses for the University of Iowa College of Pharmacy on vitamins, minerals, herbs, and nutritional supplements and given many presentations on the subject as well. He has a passion for improving patient care specifically with regards to the safety and quality of the nutritional supplements and health information people use.

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