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Rechtliches:
Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Overview

Multi-Fibre Complex, 280 g powder

Product number: NV1401



Price

Quantity	Unit price	Base price
To 1	€35.90	€128.21 / 1 Kilogramm
To 4	€34.00	€121.43 / 1 Kilogramm
From 5	€32.00	€114.29 / 1 Kilogramm

Prices incl. VAT plus shipping costs

Description

Blend of prebiotic dietary fibres

Prebiotics are indigestible components in food, i.e. dietary fibres that serve as nourishment for gut bacteria. They promote the proliferation and metabolic activity of gut bacteria.

The water-soluble fibres in NATUR VITAL MULTI-FIBRE COMPLEX are provided from acacia fibre, psyllium husks, apple pectin and konjac root (contains 90% glucomannan).

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Health-supporting role of dietary fibres in the body

The water-soluble fibres support the growth and balance of bacteria in the digestive tract. They provide food for our gut bacteria, which ferment them.

The end products of this process are short-chain fatty acids (SCFAs) such as butyric acid (butyrate). These in turn serve as fuel for our intestinal cells (enterocytes) and thereby support the integrity of the intestinal mucosa.

In addition, fibres fulfil further functions in the digestive tract:

- They delay gastric emptying and increase the feeling of satiety.
- They increase stool volume, shorten intestinal transit time and lead to a softer stool consistency.
- They delay glucose absorption and thereby prevent high peaks in blood sugar levels.
- They bind secondary bile acids and remove them via the stool. Since these are formed from cholesterol in the liver, they help to eliminate excess cholesterol from the body.
- They exercise the intestinal wall and mucosa, as these now have to work more, thereby promoting circulation and strengthening of the tissue.
- They also bind ammonia in the gut as well as heavy metals in food, such as cadmium and lead, which is beneficial for the kidneys and liver, reducing their burden.

What makes Natur Vital Multi-Fibre Complex special

It is advantageous to use a variety of prebiotics, as provided in NATUR VITAL MULTI-FIBRE COMPLEX. The prebiotics have different chain lengths and structures that are fermented by different bacterial strains and therefore support a more diverse microbiome.

New: Now with psyllium husk!

Among the fibres, psyllium husk has very special properties. It swells strongly and then acquires a somewhat mucilaginous, slippery consistency in the gut. This means it can equally help with the two most important, actually opposite, digestive problems:

- For constipation, it is excellent at getting everything that is stuck "moving" again.
- For diarrhoea or overly loose consistency it effectively leads to thickening.

In addition, psyllium husk, like apple pectin, has the property of binding contaminants in the gut and, since fibres are generally not absorbed, of excreting them with the stool.

When is there a risk of fibre deficiency?

The reasons for insufficient fibre intake are unfavourable dietary habits, such as a high consumption of industrially processed foods, for example white flour products. This is compounded by excessive consumption of animal products, with an insufficient proportion of plant foods like fruit and vegetables.

A fibre-rich diet should contain at least 30 g of fibre per day. This fibre recommendation of the DGE (German Nutrition Society) is achieved by only 6% of the population. It is therefore sensible for the majority of the population to regularly supplement their diet with fibres.

Valuable ingredients

Valuable substances*	per daily portion 5 g powder

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Acacia fibre (kbA)	2500 mg
Psyllium husks (kbA)	1000 mg
Resistant starch type 3	1000 mg
Apple pectin	350 mg
Konjac root	150 mg

* No reference intake value specified according to LMIV

Ingredients

Acacia fibre, psyllium husks (kbA), resistant starch from rice, apple pectin, konjac root (contains 90% glucomannan).

Recommended intake

As a dietary supplement, stir 5 g (2 heaped measuring spoons of 3 ml) daily into 200 ml water or fruit juice. Consume immediately.

Notes from EnergyVital

Psyllium swells relatively quickly, therefore prepare and consume the mixture promptly, and if necessary rinse well with a glass of water afterwards. Under no circumstances attempt to take it dry or with minimal liquid — psyllium swells so rapidly and strongly that there may even be a risk of choking. Of course this is only an extreme case if one attempts to force the powder down dry or with minimal liquid; when used as recommended there is no danger.
After taking antibiotics, the gut flora is usually impaired or entirely depleted, since these often also kill gut bacteria. After stopping antibiotics, it therefore makes sense to ensure that the new bacteria that recolonise are indeed "good" gut bacteria and not the wrong ones. It therefore makes sense to consume more fermented vegetables or cultured dairy products and less meat.
You can optimally support this process by taking fibres such as Multi-Fibre Complex as well as the corresponding "good" bacteria, such as those contained in **Natur Vital Colovit**.

Storage instructions

Store in a cool, dry, dark place (do not refrigerate).

Legal notice

The recommended daily intake must not be exceeded. Dietary supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of reach of young children.

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Product information

Application:	Digestion
Dosage form:	In powder form.
Plants:	Acacia, Apple, Konjac, Psyllium husks
Product type:	Dietary supplements

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