

# Fiber Supplement Comparisons



Not all fiber options are the same. Some supplements have synthetic fiber, like polydextrose. FiberChoice® contains inulin found in fruits and vegetables, while others contain dextrin or psyllium from wheat.<sup>1,2,3</sup> Inulin supports gut health by acting as a prebiotic, promoting healthy bacteria growth in the large intestine and may aid in weight control by increasing satiety and decreasing total energy intake.<sup>1,2</sup> To better meet fiber needs, check the label to find those that contain less added sugar and look at the ingredients to find out what type of fiber it provides.

Product	Serving Size	Calories	Carbohydrates (g)	Sugar (g)	Dietary Fiber (g)	Main Fiber Source*
FiberChoice® Fruity Bites	2 gummies	10	5	1	3	Inulin (a natural vegetable fiber)
FiberChoice® Sugar Free Assorted Fruit Chewable Tablets	2 tablets	15	7	-	3	Inulin (a natural vegetable fiber)
Vitafusion® Fiber Well® Gummies	2 gummies	10	5	-	5	Polydextrose
Metamucil® Fiber Capsules	6 capsules	10	3	-	3	Psyllium husk
Benefiber® Assorted Fruit Chewables	3 tablets	30	8	0	3	Wheat dextrin

\*Products may contain additional sources of fiber. Note: values obtained from product websites April 2013.

**With 3 grams of fiber per serving, FiberChoice® provides 12% of the recommended daily value of fiber (based on a 2,000 calorie diet) with less sugar and calories per serving than many other fiber-containing products on the market.**

#### References:

<sup>1</sup> Lattimer JM, Haub MD. Effects of dietary fiber and its components on metabolism health. *Nutrients*, 2010;2:1266-1289.

<sup>2</sup> Mahan, L. K., & Escott-Stump, S. (2008). *Krause's food & nutrition therapy*. St. Louis, Mo: Saunders/Elsevier.

<sup>3</sup> Roberfroid MB. Introducing inulin-type fructans. *Br J Nutr*. 2005 Apr;93 Suppl 1:S13-25.

**For more information on FiberChoice® visit [FiberChoice.com](http://FiberChoice.com)**