



**GoodFibrations™**  
Harmonizing Fibers



## Good Fiber. Seriously.

Did you know that fiber can actually help you to “get your groove back?” That’s right, fiber—the right blend of fiber—is an important part of mind body health. And when your fiber comes from Solle Naturals, it’s not just a blend of high quality soluble and insoluble fiber. It’s more than that, it’s harmonizing fibers that we call **GoodFibrations!**

## Ingredients in the Solle Clarifying Fiber Blend

**Psyllium Husk and Hull Powder** Psyllium is a bulk-forming laxative, which means it soaks up water in your gut and makes bowel movements much easier. It can help give you a feeling of being full and helps promote regularity. Research has shown that soluble fiber can help manage cholesterol levels, and soften your stool reducing the risk of many digestive issues.

**Psyllium Seed Powder** is a source of soluble dietary fiber, helping relieve constipation, irritable bowel syndrome, diarrhea, and improve and maintain regular GI transit.

**Apple, Blueberry, Cranberry Seed, and Black Raspberry Seed** are all included in this formula to help add a very soothing, unique source of beneficial fibers, packed with antioxidants and very beneficial plant-based compounds to support both the body and the mind.

**Slippery Elm Bark Extract** is a very soothing mucilaginous fiber that supports the body’s digestive system. Mucilage is a long chain of sugars that form a slippery substance when combined with water. Mucilage can settle the digestive tract, absorb toxins from the bowel and help maintain regular elimination patterns.

**Red Raspberry Seed and Leaf Powder** the seeds are a great source of fiber and essential fatty acids, while the leaf contains trace amounts of several minerals and vitamins. Red raspberry leaves contain high levels of tannins and fruit acids, making this herb a popular astringent. Astringents tighten and tone tissues. Both the seed and leaf are a great support to the reproductive system, digestive system and colon health.

**Marshmallow Root Extract** This mucilage forms a slick gel when combined with water. Soothing to the digestive tract, marshmallow is both eaten as a food and taken as a supplement. It is beneficial to both the respiratory and digestive systems.

**Holy Basil Extract** is one of the most highly valued adaptogenic herbs which supports kidney health and healthy blood sugar levels, but also has pronounced neuro-protective benefits and is used to support mood, memory and conditions of inflammation.

**Ginger Root Extract** contains gingerol, the natural plant compound with powerful health properties to help the body manage digestion, nausea and even fight the flu and common cold.

**Pear Fruit Powder** provides a very good source of fiber and is also a good source of vitamin B2, C, E, copper, and potassium. Pears also contain a significant amount of pectin, a water soluble fiber, which makes them effective in helping lower cholesterol levels and toning the intestinal tract.

**Lime Juice Powder** was not only added to help round out the great taste of GoodFibrations, but also contains several different antioxidants as well as calcium. Lime also contains citric acid a natural inhibitor of kidney stones, and hesperidin, shown to help lower cholesterol and triglyceride levels.

## The Solle Difference

GoodFibrations is a next generation fiber supplement. It consists of the unique Solle Clarifying Fiber Blend using many different fiber mesh sizes for added cleansing benefits, combined with therapeutic fruit and herbs. Inclusions like Red Raspberry Leaf, Holy Basil (an adaptogen), Pear Fruit and Ginger help this amazing formula not only provide 6 grams of diverse plant-sourced fiber, but also support cognitive function and a healthy outlook.

## 5 Key Benefits for GoodFibrations®

**Soothing:** contains herbs and fibers that help settle and soothe the stomach and digestive tract

**Tastes Great!** Uniquely formulated with Ginger and Pear for a great-tasting experience

**Cleansing:** the different types and sizes of fibers in GoodFibrations help cleanse and detox your digestive and intestinal systems

**Detoxifying:** helps the body sweep the intestinal tract to reduce transit time in the colon

**Cholesterol:** contains 6 grams of fiber per serving to help your body maintain healthy cholesterol levels.

## Product Use

Add 1 scoop of GoodFibrations™ to 8 fl. oz. of cold water and mix until smooth. Drink immediately. Drink an additional 8 fl. oz. of water immediately after use. Reseal after use. Store in a cool, dry place.

## Complementary Product

Combine GoodFibrations® with AmiTox DC® as part of a deep clarifying and detoxifying program.

