



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Fiber Cal/Mag

## What Is It?

Fiber Cal/Mag provides partially hydrolyzed guar gum, a soluble fiber important for healthy glycemic control, lipid metabolism, GI regularity, microflora balance and mineral absorption. This formula combines odorless and tasteless soluble fiber with calcium and magnesium for enhanced nutritional support.\*

## Uses For Fiber Cal/Mag

**GI Health:** Fiber Cal/Mag combines the benefits of fiber with calcium and magnesium for important daily nutrition. Partially hydrolyzed guar gum as SunFiber® is water-soluble fiber that is enzymatically processed to allow for enhanced solubility. As a result, it does not impact the flavor, color, texture, or aroma of foods and beverages to which it is added, including juice, soup, yogurt, cereal, milk, coffee or tea. Soluble fiber helps slow the rate of digestion, promoting digestive health, nutrient absorption and healthy glycemic control. In addition, it is known for its lipid support properties. Soluble fiber also promotes healthy GI motility, adding bulk to the stool. It may also lessen the occurrence of occasional diarrhea. In one trial involving 188 adults, partially hydrolyzed guar promoted abdominal comfort, GI motility and bowel regularity while being noted as well-tolerated. Importantly, it has prebiotic properties, increasing short chain fatty acids in the colon and helping to promote healthy microflora balance.\*

**Nutrient Absorption:** Unlike other forms of fiber, SunFiber® hydrolyzed guar gum actually promotes mineral absorption rather than block it. Research shows its ability to increase calcium and magnesium uptake. The addition of calcium and magnesium to this formula reflects the positive influence of Sunfiber® on these nutrients and serves as a convenient way to enhance daily intake of these minerals.\*

## What Is The Source?

Partially hydrolyzed guar gum is derived from guar plant seed. Calcium and magnesium are derived from limestone. Citrate is derived from corn dextrose fermentation.

Sunfiber® is a registered trademark of Taiyo International, Inc.  
Invisible fiber. Visible benefits.

## Recommendations

Pure Encapsulations recommends 1 scoop or more per day, mixed with beverages or foods. Adequate water intake is recommended.

## Are There Any Potential Side Effects Or Precautions?

Guar gum has been associated with GI upset, including gas or diarrhea. Additionally, when consumed without adequate fluids, it can cause GI obstruction. It is recommended to begin taking small amounts with adequate fluids and increase daily fiber intake slowly over time. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Guar gum could alter some medication absorption. Concurrent administration is not recommended. Consult your physician for more information.

### Fiber Cal/Mag

#### two scoops (5.7 g) contains

calories.....	15
sodium.....	15 mg.
carbohydrate.....	4 g.
dietary fiber.....	3 g.
soluble fiber.....	3 g.
calcium (citrate).....	200 mg.
magnesium (citrate).....	100 mg.
other ingredients: partially hydrolyzed guar gum	

**2 scoops or more per day, mixed with beverages or foods. Adequate water intake is recommended.**

**\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

For educational purposes only. Consult your physician for any health problems.