



## How To Make Your Reliv Shake:



- 1 Mix with cold water or any juice drink using a glass or shaker cup.
  - 2 Close the lid tightly and shake it up or stir until the powder has dissolved.
- \* Best taken twice a day, one shake in the morning and another in the afternoon or evening. May be taken in combination with other Reliv products.

FibRestore has a tasty pineapple flavor and may be mixed with 8 ounces of water or juice or may be taken in combination with other Reliv products.



### FibRestore® Consumer Information Panel

Serving Size: 1 Scoop (14 g)  
Servings per can: 28

	per serving
Energy	10 kcal
Fat	0
Cholesterol	0
Total Carbohydrate	11 g
Dietary Fibre	10 g
Sugars	1 g
Protein	1 g
Vitamin A (100% as mixed carotenoids)	3500 IU
Vitamin C	350 mg
Vitamin E	200 IU
Iron	12 mg
Sodium	10 mg

#### FibRestore Proprietary Herb Blend 154 mg

Oriental Ginseng (Panax ginseng)  
Garlic (Allium sativum)  
Capsicum Fruit (Capsicum frutescens)  
Licorice Root (Glycyrrhiza glabra)  
Kelp (Ascophyllum nodosum)  
Rhubarb Root (Rheum officinale)  
Hibiscus Flower (Hibiscus sabdariffa)  
Irish Moss (Chondrus crispus)  
Siberian Ginseng (Eleutherococcus senticosus)  
Aloe Vera (Aloe barbadensis)  
Chicory Root (Cichorium intybus)  
Dandelion Root (Taraxacum officinale)  
Chamomile Flower (Matricaria nobilis)  
Alfalfa Herb (Medicago sativa)  
Pearl Barley (Hordeum vulgare)  
Cayenne (Capsicum annuum)  
Ginger Root (Zingiber officinale)  
Celery Seed (Apium graveolens)  
Sarsaparilla Root (Hemidesmus indicus)  
Passion Flower (Passiflora incarnata)  
Foenugreek Seed (Trigonella foenum graecum)  
Papain (Carica papaya)  
Bromelain (from pineapple stem-Ananas comosus)

**Other Ingredients:** Corn Bran, Gum Arabic, Non-GMO Soy Fibre, Fructose, Oat Fibre, Apple Fibre, Pea Fibre, Ascorbic Acid, Alpha Tocopheryl Acetate, Natural and Artificial Flavor, Non-GMO Soy Lecithin, Citrus Fibre, Natural Mixed Carotenoids, Cargeenan, Guar Gum, Xanthan Gum, Inulin, Luo Han Guo Fruit Extract, Citric Acid.



FibRestore is vegetarian, certified Kosher and Halal, ideal for those with lactose intolerance, and contains no animal compounds, artificial preservatives or trans fat.

A product of Reliv International, Inc.  
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Made in U.S.A.

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# fibrestore®

Fibre --- and so much more!  
Balance, Restore, Revitalize



Nutrition made simple, life made rich.



## The Fibre Fix

Fibre is an indispensable part of a healthy diet. It promotes better digestion, improves heart health, supports cholesterol management and aids in weight loss. Malaysia Dietary Guidelines recommends a daily intake of 20 to 30 grams of fibre for adults to take advantage of its many nutritional benefits. Sadly, experts reveal that on the average, an individual only gets approximately 13 to 19 grams of fibre per day.

Fortunately, patented FibRestore® provides 10 grams of soluble and insoluble fibre per serving plus an exclusive blend of antioxidants, enzymes and herbs for overall well-being. It's a simple solution for better health.



## No Ordinary Fibre

Did you know there are actually two types of fibre, each with different benefits? Your body needs both soluble and insoluble fibre, unfortunately, most fibre supplements only provide soluble fibre to act as a "bulking agent" in the gut. The insoluble fibre in FibRestore provides added benefits you can't get from a typical fibre powder. With FibRestore, you can balance, restore and revitalize.

### Soluble Fibre:

- ✓ Leads to less artery build-up by binding to cholesterol and inhibiting cholesterol production.
- ✓ Helps control blood glucose by slowing carbohydrate digestion, which can help manage weight.

### Insoluble Fibre:

- ✓ Reduces constipation, diverticulosis, and risk of colon cancer and other intestinal diseases by helping speed transit through the colon.
- ✓ Promotes growth of probiotics, helpful bacteria that keep harmful bacteria in check, aid in digestion and keep you healthy.
- ✓ Enhances weight loss by improving satiety.



## Proven Effective

In a clinical study, Reliv Now® and FibRestore have been shown to help lower risk factors for cardiovascular disease.

A diet rich in fibre not only makes you feel full and aid digestion, but also a powerful way to keep diseases at bay such as:



**High cholesterol/ heart diseases** - Incorporating fibre into your diet lowers your risks for clogged arteries, which can lead to heart attack and stroke.

**Diabetes** - Sufficient dietary fibre improves glucose tolerance and supports healthy weight loss; both of these effects can help prevent diabetes.

**Cancer** - Source: Ministry of Health, Singapore Health Facts, Principal Causes of Death, updated on 30th Jan 2012 that Cancer is the No.1 killer in Singapore where 1 in 3 Singaporeans dies of cancer, 14 people die from cancer every day and 28 people are diagnosed with cancer every day. In Malaysia according to The Star, 6th Jan 2012, Cancer accounts for 1 in 12 deaths, making it the number two killer in Malaysia. Start following a low-fat diet regimen and consume food items that are high in fibre such as whole grains, fruits and vegetables to help reduce the risks of some cancers such as colon cancer and rectal cancer.

**Obesity** - Fibre in unsweetened fruits, vegetables and whole grains fills you up more quickly and thus prevents you from bingeing or overeating. Be sure to stock up on high-fibre foods to help control your weight and avoid obesity – a condition that escalates your risks for diabetes, cancer and heart diseases.

**Irritable Bowel Syndrome (IBS)** - IBS can't be cured but fibres like those found in bran, whole grains and vegetables can help reduce symptoms, including constipation. It helps make stool soft so you need no further exertion to remove it.



## Beyond Digestion

Feeling great is about more than just proper digestion. That's why patented FibRestore has an exclusive blend of antioxidants, enzymes and herbs for overall well-being.

**Antioxidants.** Beta carotene, vitamin C and vitamin E are potent antioxidants that neutralize cell-damaging molecules known as free radicals.

**Enzymes.** Papain and bromelain are two key enzymes that reduce inflammation, promote proper digestion, relieve bloating and indigestion, and help the body function more efficiently.

**Herbs.** Ginseng, garlic and chamomile are just three of 21 herbs in FibRestore's special proprietary blend. The bioflavonoids in herbs have been shown to protect and revitalize, promoting overall wellness.