

# Why Fiber is Needed

## WHAT HAPPENS WHEN YOU DON'T GET ENOUGH FIBER?

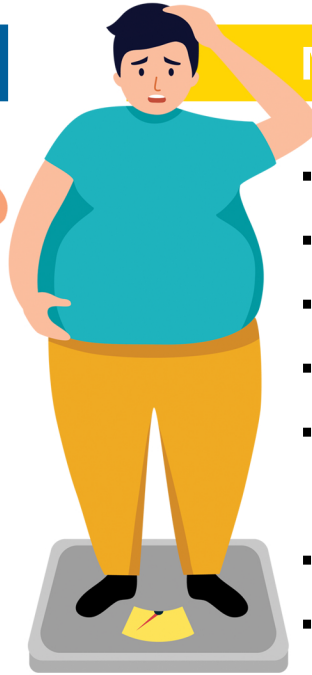
### ENOUGH FIBER

- You feel full faster
- Smooth digestion
- You feel light and active
- Easier weight loss
- Lower risk for diabetes
- Lower risk for heart disease
- Lower cholesterol levels
- Lower blood sugar levels



### NOT ENOUGH FIBER

- Constipation
- Bloating
- Weight gain
- Blood sugar fluctuations
- Nausea and tiredness  
(from poor diet)
- High cholesterol
- Hemorrhoids
- Irritable Bowel Syndrome
- Higher risk for obesity,  
heart disease, and diabetes



## PUT MORE FIBER IN YOUR DIET

Our digestive system needs enough fiber to function smoothly and absorb nutrients better. Sufficient fiber complements a balanced diet and an active lifestyle. It's simple: increase your fiber intake by eating more fruits, vegetables, and whole grains. Drinking a fiber supplement made of psyllium fiber also helps. Fiber may make you feel less hungry because it thickens and forms a gel, slowing digestion and absorption which aids in the sensation of fullness.



**GastroDoxs**  
defenders of the digestive system