

FibreSnacks!™

| Peanut Chocolate Chew |

Add fibre to your day the delicious way.

With a premium mixture of prebiotic soluble and insoluble fibre, this healthy, gluten-free snack keeps you satisfied for hours, while promoting healthy intestinal flora for a balanced digestive system.

What should I know about FibreSnacks!?

- Contains 6g of fibre, which is 20% of your recommended daily intake of fibre, and only 628kJ with zero trans fats. It's a deliciously-smart snack, perfect for maintaining a healthy lifestyle.
- Includes two types of premium hunger-curbing fibre that also supports healthy blood sugar levels by slowing the absorption rate of carbohydrates.
- Contains soluble fibre, which helps to soften stool consistency and insoluble fibre, which promotes regularity.
- Prebiotic soluble fibre feeds the probiotic bacteria in the intestine. A healthy intestinal flora improves digestion and supports the immune system by guarding against the production of harmful bacteria.
- This convenient, gluten-free snack contains all-natural ingredients with 6g of high-quality, hunger-curbing undenatured whey and milk protein from sustainable New Zealand dairy farms. The cows are free-grazing and not treated with artificial hormones or antibiotics.



How can I benefit from eating FibreSnacks!?

- This healthy, but decadent peanut chocolate treat allows you to snack smart without compromising taste.
- Contains high-quality fibre and protein to help you feel fuller longer, so that you don't overeat, making it a great snack on Shake Days.
- Fibre adds bulk to your diet, which helps move food through your digestive tract to keep you regular.
- Perfectly complements a gluten-free lifestyle.



ISAGENIX®

How do FibreSnacks!™ compare to other fibre sources?



FibreSnacks! give you 6g of fibre, which is 20% of your daily intake of fibre. With 6g of high-quality protein, you're also getting the equivalent to the amount of protein found in one large egg. Unlike most fibre products, these delicious treats are gluten-free to promote an even healthier lifestyle.

	FIBRE	PROTEIN	GLUTEN FREE
1 FibreSnacks! Bar	6g	6g	yes
VS			
1 ½ cups uncooked oatmeal	6g	4g	no
3 ¾ cups raw cabbage	6g	4g	yes
2 ¼ cups prune juice	6g	3.5g	yes

Each image represents a serving of approximately 6g of fibre.

FibreSnacks! Frequently Asked Questions

IF I BUY FIBRESNACKS! AND SLIMCAKES™ TOGETHER, WILL I BE GETTING TOO MUCH FIBRE?

In Australia, the National Health & Medical Research Council in conjunction with the New Zealand Ministry of Health, recommends that men and women get at least 30g of fibre daily, but the average person in Australia and New Zealand gets just over half that amount. This is why it's important to get your fibre from multiple sources. You can get 6g of fibre from one *FibreSnacks!*, 5g from one SlimCakes and 5g from one IsaLean™ Shake which all together, will offer you near half of your daily recommended intake of fibre.

WHY WAS PROTEIN ADDED TO FIBRESNACKS!?

Similar to fibre, protein also helps to satisfy hunger, so you eat less and stay fuller, longer. Protein also promotes muscle growth and maintenance, while providing essential amino acids, the building blocks for the body's cellular proteins and enzymes.

HOW CAN FIBRESNACKS! HELP ME LOSE WEIGHT?

With filling fibre and protein, these healthy snacks help curb hunger and keep you satisfied between meals, so you don't overeat.

CAN YOU ENJOY FIBRESNACKS! AS A MEAL ALTERNATIVE?

At only 628kJ, *FibreSnacks!* should be eaten as a healthy fibre and protein-rich snack to curb hunger between meals. If you are looking for a meal alternative, IsaLean™ Bars and IsaLean Shakes are great options.

HOW CAN FIBRESNACKS! BE USED TO COMPLEMENT OUR NUTRITIONAL PAKS AND PROGRAMS?

FibreSnacks! are great on Shake Days, which are higher in protein and lower in fibre. They provide a healthy snack option that keeps your hunger curbed and your digestive system regular so that you can avoid constipation.



For more information, please contact your Isagenix Independent Associate: