

# A DELICIOUS, GUILT-FREE FIBRE-PACKED SNACK.



- All natural, no trans fats
- Gluten free
- Soluble and insoluble fibre
- Satisfies hunger/curbs cravings
- Supports digestion
- The perfect snack
- Fits in any purse, lunch box or briefcase



## WHEN IT COMES TO FIBRE, YOU MAY BE FALLING SHORT.

When you increase your fibre intake, you can improve your health dramatically. In fact, a diet rich in dietary fibre helps...

- Curb hunger by helping you to feel fuller longer and minimise overeating — essential for maintaining a healthy body weight.
- Improve digestion and help you maintain regularity and a healthy immune system.

### GOOD HEALTH AND LONGEVITY

While you can meet most of your daily fibre needs by eating a balanced diet — sometimes busy lifestyles can make that a challenge. What you need is a smart, fibre-rich snack to enjoy on the go. Well, Isagenix® has just what you're looking for.

## FIBRESNACKS!™ ADDS FIBRE TO YOUR DAY THE DELICIOUS WAY.

Forget the chalky fibre drinks and the cardboard-tasting fibre bars — now you can get 20%\* of your daily intake of fibre in one delicious *FibreSnacks!*.

Gluten-free *FibreSnacks!* contain 6 g of a premium blend of soluble and insoluble fibre that are both key for good health.



### PREBIOTIC SOLUBLE FIBRE:

Prebiotic soluble fibre helps feed the good bacteria already in the digestive tract to help promote digestive system pH balance and encourage a healthy immune system.



### INSOLUBLE FIBRE:

This fibre is considered a “gut-healthy” fibre because it plays an important role in supporting regularity by adding bulk to the diet. Insoluble fibre can also make you feel fuller quicker so that you eat fewer calories.



## HOW DO *FIBRESNACKS!* STACK UP AGAINST OTHER SOURCES OF FIBRE?

Just look at what you would have  
to consume to get the same  
**6 grams of fibre**  
found in one delicious  
***FibreSnacks!***



1½ cups uncooked  
oatmeal



2½ cups  
cauliflower



2¼ cups  
prune juice



3¾ cups  
raw cabbage



3 slices of whole  
wheat bread

\* Each image represents a serving of approximately 6 grams of fibre.







## TRY THESE OTHER GREAT FIBRE-RICH PRODUCTS

### BALANCED WITH MUSCLE-BUILDING, HUNGER-CURBING PROTEIN.

At only 628 kJ, *FibreSnacks!* contain 6 grams of high-quality, hunger-curbing undenatured whey and milk protein from sustainable New Zealand dairy farms where the cows are free grazing and not treated with artificial hormones or antibiotics. The protein in these deliciously-smart treats helps muscle growth and maintenance while also providing essential amino acids, which are the building blocks for the body's cellular proteins and enzymes.

### READY TO SNACK SMART?

Rather than reach for a nutrient-deficient snack with empty calories, opt for a healthy fibre and protein-rich treat that will keep your digestive system regular while keeping your hunger satisfied.

*“FibreSnacks! are a great complement to the Isagenix Nutritional Paks and Programs. Eating FibreSnacks! on Shake Days, which are higher in protein and lower in fibre, can help boost your fibre intake. This can help curb your hunger and keep your digestive system regular.”*

// Nicole Kafka, M.D.  
Isagenix Scientific Advisory Board Member



#### Oatmeal Berry SlimCakes™

Tasty, low-calorie, nutritionally-packed treats with 5 grams of fibre, including soluble fibre from oats, which support heart and digestive health.



#### IsaFlush!™

A combination of cleansing herbs and minerals that helps to promote regularity and naturally soothe intestinal discomfort



#### IsaLean™ Shake

A delicious, nutritionally-complete meal containing 4 grams of dietary fibre per serving.