

# Lipid Ease Powder

## 12-Fiber Blend



### Clinical Applications

- Supports proper weight management\*
- Assists with healthy detoxification\*
- Helps maintain healthy cholesterol levels\*

*Lipid Ease is a combination of natural fibers derived from fruits, vegetables, roots, seeds and tree extracts.*

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

### Discussion

**Lipid Ease** is a combination of natural fibers derived from fruits, vegetables, roots, seeds and tree extracts. This product was designed with the Paleolithic diet in mind – the diet of our ancestors that our physiology may be most adapted to. Therefore, it is free of non-Paleolithic food extracts such as grains (wheat, oat, and rice bran) and legumes (peas, beans, and soy fibers).

**Everyone can benefit from Lipid Ease:** The RDA for fiber is 28 g/day, but because most Americans don't consume enough vegetables, fruits, or other fiber-rich foods, most people average only about 15 g per day. Two teaspoons of Lipid Ease provide 3 grams of fiber, which can help boost fiber intake closer to the recommended daily amount.

- Promotes proper intestinal function and bowel movement – may alleviate occasional constipation and diarrhea\*
- Supports appetite regulation by increasing bulk and aiding a healthy rate of digestion\*
- Supports healthy glucose and insulin levels by assisting normal stomach emptying and the appropriate passage of food through the intestines\*
- Helps maintain healthy cholesterol levels\*
- Promotes a gastrointestinal health by helping to maintain a suitable environment of friendly bacteria in the gut\* • Assists with healthy detoxification\*
- Supports proper weight management\*

**12 types of fiber:** Acacia gum, cellulose, guar gum, cranberry seed powder, carrot fiber, inulin, orange fiber, apple pectin, glucomannan, psyllium husk, flax, prune.

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



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**Lipid Ease Powder**  
**12-Fiber Blend**



### Free of non-Paleolithic food extracts:-

- Free of grains (wheat, oat or rice bran) and legumes (peas, beans or soy fibers)
- Does not contain gluten or lectin, low allergenicity
- Does not contain phytates (phytic acid is found in grains, has an acid load and binds minerals — which interferes with their absorption)
- Soluble fiber – attracts and dissolves in water, turning into a gel-like substance that helps to regulate the rate of digestion and, in turn, helps with satiety (feeling “satisfied” or appropriately full after a meal). Soluble fiber can be hard to obtain through the diet.
- Insoluble fiber – the basis of most plant-based products. Insoluble means that it does not dissolve in water, but rather stays intact throughout the digestive system. This type of fiber is considered gut-healthy, because it adds bulk to the diet and helps support healthy bowel function.
- Acacia gum – a prebiotic from the popular acacia tree. Prebiotics support the growth of friendly bacteria.
- Guaranteed purity – free of toxic contaminants
- No artificial sweeteners, flavors or colors
- Mixes well and tastes great!

### Supplement Facts

Serving Size 5 grams (approx. 2 teaspoons)

Servings Per Container 60

| Amount Per Serving | % Daily Value |      |
|--------------------|---------------|------|
| Calories           | 20            |      |
| Total Carbohydrate | 4 g           | 1%*  |
| Dietary Fiber      | 3 g           | 11%* |

\*Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Acacia gum, cellulose, guar gum, raspberry seed powder, carrot fiber, inulin, orange fiber, glucomannan, apple pectin, psyllium husk, lax seed, prune powder.

### Suggested Use

Take 5 grams (approx. 2 tsp.) in water per day, or as directed by your health care practitioner.

- Consume extra water when taking Lipid Ease Powder to help support the healthy movement of fiber through the intestines.
- Increase dose slowly to allow the body time to adjust to the higher levels of fiber.
- Do not take at the same time as any prescription medications.

### Caution

Keep out of reach of children.



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