

DR.VEGAN[®]

The importance of Fibre

Why we need to close the fibre gap

Practitioner Paper • For practitioner use only

Fibre is an essential component of a healthy diet with significant implications for gut and overall health.

TYPES OF FIBRE

Dietary Fibre

Dietary fibre is classified into two main categories based on its solubility in water.

Insoluble Fibre	Soluble Fibre
Does not dissolve in water and remains largely intact through the digestive tract.	Dissolves in water to form a gel-like substance.
Found in whole grains, nuts, seeds, and the skins of fruits and vegetables.	Found in oats, barley, legumes, fruits (e.g. apples and citrus), and psyllium.
Increases stool bulk and promotes regular bowel movements.	Slows gastric emptying, leading to improved satiety.
Reduces the risk of constipation and diverticular disease.	Reduces serum cholesterol by binding bile acids in the gut.
	Improves glycemic control by delaying glucose absorption.

Fermentable and Non-Fermentable Fibre

Dietary fibre is classified into two main categories based on its solubility in water.

Fermentable Fibre	Non-Fermentable Fibre	Functional Fibre
Broken down by colonic bacteria, producing short-chain fatty acids (SCFAs) like acetate, propionate, and butyrate. Found in foods that contain inulin, pectins, and resistant starch such as chicory, garlic, onions, leeks, asparagus, green bananas and artichokes.	Non-Fermentable (or Insoluble) Fibre remains largely unchanged as it passes through the colon.	Isolated fibres with demonstrated health benefits, such as beta-glucans and psyllium.
	Contributes to stool bulk, helping to promote regular bowel movements.	
	Found in foods such as whole grains, bran, and certain vegetables.	

BENEFITS FOR HEALTH

Gastrointestinal health

Promotes regular bowel movements and prevents constipation.¹ Insoluble fibre absorbs water, increasing stool bulk and decreasing transit time, which reduces the risk of constipation and associated disorders.

- Reduces the risk of diverticular disease and haemorrhoids.^{2,3}
- Enhances gut microbiota diversity and function through fermentation.⁴ Butyrate nourishes colonic cells and maintains gut integrity. Propionate influences hepatic gluconeogenesis. Acetate serves as an energy source and is involved in lipid metabolism.
- Reduces glucose spikes. Soluble fibre forms a viscous gel that slows gastric emptying and the absorption of glucose, reducing postprandial glucose spikes.

Cardiovascular health

- Lowers low density lipoprotein (LDL) cholesterol and total cholesterol by binding bile acids and reducing cholesterol reabsorption.⁵ Fibre binds bile acids, increasing their excretion and prompting the liver to use cholesterol to produce more bile acids, thereby lowering serum cholesterol levels.
- Reduces blood pressure and inflammation.^{6,7}

Metabolic health

- Improves glycaemic control by slowing carbohydrate digestion and absorption.⁸ Soluble fibre forms a viscous gel that slows gastric emptying and the absorption of glucose, reducing postprandial glucose spikes.
- Aids in weight management by promoting satiety and reducing overall caloric intake.⁹ Fibre influences the release of gut hormones like GLP-1 and PYY, which regulate appetite and glucose metabolism.

Cancer prevention

Associated with a reduced risk of colorectal cancer due to SCFAs like butyrate, which have anti-inflammatory and anti-carcinogenic properties.¹⁰

Immune function

SCFAs strengthen the gut barrier and modulate immune responses, reducing systemic inflammation.¹¹ Fermentable fibres stimulate the growth of beneficial bacteria such as *Bifidobacteria* and *Lactobacilli*. SCFAs produced during fermentation lower colonic pH, inhibiting pathogenic bacteria.

DIET TIPS FOR CLIENTS



Switch to whole grains

Choose whole grains such as brown rice, quinoa, bulgur, oats, and whole grain pasta.



Increase intake of fruits and vegetables and increase variety

Aim for 7-9 portions per day. Eat fruits and vegetables of all colours.



Leave the skin on

Potato, apple and pear skins are packed with fibre.



Snack smart

Snack on raw vegetables, fresh fruit, or dried fruit like figs, prunes, or apricots. Use bean-based spreads such as hummus as snacks or condiments.



Include more legumes

Add beans, lentils, and chickpeas to soups, salads, or stews.



Add nuts and seeds

Sprinkle them on yoghurt, oatmeal, or smoothies. Almonds and walnuts are great to add in as a snack or in a salad.



Increase fibre gradually

Sudden fibre increases can cause bloating. Introduce fibre slowly to allow your digestive system to adjust.



Drink plenty of water

Fibre absorbs water, so staying hydrated helps prevent constipation.

Fibre Complex

Fibre Complex is a high-fibre formula developed by practitioners. It contains 5 different types of both soluble and insoluble fibre, including Psyllium Husk; it fills dietary fibre gaps and helps to support optimal digestive health.



	PER CAPSULE	PER 4 CAPSULES
Psyllium Husk	500mg	2000mg
Apple Fibre	50mg	200mg
Carrot Fibre	50mg	200mg
Beetroot Fibre	50mg	200mg
Blueberry Fibre	50mg	200mg

* NRV= Nutrient Reference Value

** No NRV Established

Ingredients

Psyllium Husk Powder (*Plantago ovata*),
Apple Fibre Powder (*Malus pumila*),
Carrot Fibre Powder (*Daucus carota*),
Beetroot Fibre Powder (*Beta vulgaris*),
Blueberry Fibre Powder (*Vaccinium myrtillus*),
Capsule Shell (*Hydroxypropyl Methylcellulose*).

Free from

Added Sugar,
Starch,
Sweeteners,
Gluten,
Wheat,
Soya,
Lactose,
Dairy,
Artificial Flavours,
Colours and
Preservatives.

Pairs well with



Gut Works®



GastroAid®



Debloat & Detox

Directions

- Take 1-4 capsules per day with plenty of water.
- If the client suffers from constipation, we recommend taking Fibre Complex in the evening.
- The capsule can be opened and added to the contents of food or drinks.
- If taking a fibre supplement for the first time, start with 1-2 capsules per day and adjust accordingly.
- If taking prescribed medication, take Fibre Complex at least two hours before or after medication.

What customers can look forward to

Within 2 weeks

Acute constipation and digestive discomfort might subside. Improvement in the diversity of plant fibres and friendly gut bacterial growth.

Within 4 weeks

Improvement in overall gut health. Support for heart health and blood glucose levels.

KEY INGREDIENTS IN FIBRE COMPLEX



Psyllium Husk

A soluble, viscous fibre derived from the seeds of *Plantago ovata*.

Cholesterol: Proven to lower LDL cholesterol by 7-10% in hyperlipidemic patients by forming a viscous gel that binds bile acids, promoting their excretion and reducing cholesterol absorption.¹²

IBS: Effective in managing irritable bowel syndrome (IBS) and chronic constipation by increasing stool bulk and improving intestinal motility through its gel-forming properties.¹³

Glycaemic control: Helps improve glycaemic control in type 2 diabetes by slowing glucose absorption and reducing postprandial blood sugar spikes.¹⁴



Apple Fibre

Contains both soluble and insoluble fibres.

Prebiotic: Improves gut microbiota diversity and acts as a prebiotic by providing fermentable substrates for beneficial bacteria.¹⁵

Weight management: Supports weight management by increasing satiety through delayed gastric emptying and bulking effects.¹⁶

Cholesterol: May lower cholesterol levels through the excretion of bile acids, enhancing their excretion, and reducing enterohepatic cholesterol recycling.¹⁷

Colon health: Enhances butyrate production by fermentation in the colon, promoting anti-inflammatory effects and maintaining colonocyte health.¹⁸



Carrot Fibre

Rich in insoluble fibre. Holds up to 30% of its own weight in water.¹⁹

Bowel regularity: Promotes bowel regularity and increases stool bulk by absorbing water and stimulating peristalsis.

Antioxidants: Contains antioxidants that help neutralise free radicals and reduce oxidative stress.



Beetroot Fibre

Contains both soluble and insoluble fibre, along with betalains. Enhances nitric oxide production.

Liver function: Supports liver health and detoxification pathways by promoting bile flow and providing antioxidants that reduce hepatic oxidative stress.²⁰



Blueberry Fibre

Derived from Blueberry skins, containing polyphenols and soluble fibre.

Antioxidant: Polyphenols and fibre reduce oxidative stress and inflammation by scavenging free radicals and supporting a balanced inflammatory response.²¹

Cognitive health: Supports cognitive health and may improve memory by enhancing neuroprotection through antioxidant and anti-inflammatory effects.²²

Promotes a healthy microbiome by acting as a prebiotic, supporting the growth of beneficial bacteria.²³

DRUG INTERACTIONS

Interaction Severity	Major	Oral Drugs	Fibre may affect the speed at which oral drugs are absorbed. Take Fibre Complex at least 2 hours away from medicines.
	Moderate	Carbamazepine	Psyllium might reduce the effects of these drugs.
		Lithium	Fibre may affect the speed at which oral drugs are absorbed. Take Fibre Complex at least 2 hours away from medicines.
		Metformin	Psyllium might increase the therapeutic and adverse effects of Metformin.
		Olanzapine	Psyllium taken at the same time as this drug may reduce its absorption.

*Drug-nutrient interactions have been taken from the Natural Medicines Database, October 2024.
Please do your own due diligence before recommending this product to individuals taking medicines.*

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