



腸道健康

紐崔萊™纖維粉



隨時食用的纖維

研究指出成人每天需攝取25至30克的膳食纖維。新鮮蔬果含有非水溶性及水溶性膳食纖維，建議每天應最少進食5份蔬果；然而都市人工作繁忙且習慣多肉少菜，平均每天進食不到20克的膳食纖維，容易損害腸道健康。

2736 30條

建議用量：每天1至2條，加入240至360毫升的水或果汁，或灑於食物上，溶解後即可食用。

誰需要它？

每天無法進食5份或以上蔬果的人士。

為何選擇紐崔萊™？

水溶性纖維有助促進體內益菌繁殖，增強腸道抵抗力，並減少體內毒素積聚。紐崔萊™纖維粉含天然水溶性纖維，幼滑無味，可溶於任何食物或飲品中，方便隨時食用，補充膳食纖維。

每條紐崔萊™纖維粉可提供：

水溶性纖維 4克

知多點

餐前進食纖維，有助增加飽肚感，從而控制食量，有助保持體態苗條。多項研究顯示，每天攝取3克以上的水溶性纖維，配合低脂飲食，有助維持良好的膽固醇水平。



Intestinal Health

Nutriline™ Nutri Fiber Powder



YOUR CONVENIENT FIBER SUPPLEMENT

Studies show that adults need 25 to 30 grams of dietary fiber per day. Fresh fruits and vegetables contain soluble and insoluble fiber. The recommended intake of fruits and vegetables per day is 5 servings, but most of us are used to a diet with more meat and less vegetables because of our busy lives, and thus consume less than 20 grams of dietary fiber per day, which may affect our intestinal health.

2736 30 sticks

Suggested usage: 1 to 2 sticks per day. Dissolve contents in 240 to 360 ml of water or juice, or sprinkle on food.

WHO NEEDS IT?

Those who cannot consume 5 or more servings of fruits and vegetables per day.

WHY NUTRILITE™?

Soluble fiber can promote the growth of probiotic bacteria and support intestinal health and regularity. Nutriline™ Nutri Fiber Powder is an on-the-go and taste-free supplement that can be mixed into your favorite foods or drinks to add fiber to your diet.

Every tablet of Nutriline™ Nutri Fiber Powder can provide:

Soluble Fiber 4 g

TALKING POINTS

Taking fiber before meals can help you feel full so you can eat in moderation to manage your weight. Many studies show that consuming over 3 grams of soluble fiber per day combined with a low-fat diet can maintain normal cholesterol level.