

# Active Fibre Complex



## Enhance your overall digestive health

Many modern diets lack sufficient fibre, which is important for weight management and intestinal health. Most people eat less than the recommended daily dietary fibre intake. This may result in digestive distress, which includes irregularity, gas, upset stomach and bloating.

Active Fibre Complex is a healthy fibre powder to support regularity and healthy digestion. By taking Active Fibre Complex daily, it can help support your body's ability to absorb nutrients and cleanse your digestive system.\* As a result, it'll enhance your efforts to improve your health and lose weight.\*

## 改善整个消化系统的健康

许多现代食物中缺乏足够的纤维，而纤维又是控制体重和保持肠道健康必不可少的要素。许多人每天所摄取的食物纤维量均少过建议摄取量，这会导致消化不良，从而诱发便秘、胀气、肚子痛和胃胀。

Active Fibre Complex是一种有益健康的纤维粉，它能够促进正常排便和消化系统的健康。每天服用Active Fibre Complex，可帮助改善人体的营养吸收能力和净化消化系统。\* 因此，它能帮助您改善健康和控制体重。\*

## Supplement Facts

Serving Size: 1 Scoop (6.4 g) Servings Per Container: 30

	Amount Per Serving	%DV**
<b>Amount per serving Calories: 15</b>		
Sodium	15mg	1%
Total Carb.	6g	2%
Dietary Fibre	5g	20%
Soluble Fibre	2g	†
Insoluble Fibre	3g	†

## 营养补充成份

每次服用量：1勺（6.4克），每瓶容量：30勺

	每次之使用量	%每日需求量**
<b>每剂所含热量：15卡路里</b>		
钠	15毫克	1%
碳水化合物总量	6克	2%
膳食纤维	5克	20%
水溶性纤维	2克	†
非水溶性纤维	3克	†

## Discussion Points

- **Daily Fibre Intake:** Improves regularity and healthy bowel movement.\*
- **Promotes General Colon Health:** Helps support nutrient absorption and growth of friendly intestinal bacteria.\*
- **Combine with other products:** Active Fibre Complex can be used in conjunction with Herbalife's Weight-Management Programme and entire line of nutritional products.\*

## Fast Facts

- A balanced formula of soluble and insoluble fibres to minimize bloating.
- One serving provides 5g of the recommended 25g to 35g daily intake of fibre.
- Enhances Formula 1 Nutritional Shake Mix with great health benefits while adding a 'feel fuller' benefit and a thicker, smoother shake.

**Other ingredients:** Sugarcane Fibre, Maize Dextrin, Maltodextrin, Citrus Fibre, Soy Fibre, Inulin, Sodium Carboxymethylcellulose and Silicon Dioxide.

**Suggested Serving:** Mix 1 scoop with 240ml of water. Take 1-2 times per day.

**For Maximum Results:** Use this product in conjunction with other Herbalife products

## 讨论分享

- **每日摄取纤维：**促进正常排便和健康的肠道蠕动。\*
- **改善结肠健康：**促进营养素的吸收和肠道益生菌的生长。\*
- **配合其他产品使用：**Active Fibre Complex能够和Herbalife的体重控制计划以及所有其它系列营养产品一同使用。

## 重点须知

- 采用水溶性纤维和非水溶性纤维的平衡配方，可最大程度地减少胃胀。
- 每剂含有5克纤维，每日建议摄取量为25-35克。
- 使Formula 1 Nutritional Shake Mix具有更佳的保健作用，同时增加饱足感，奶昔也更香浓、味道更鲜美。

**其他成分：**蔗渣纤维、玉米糊精、麦芽糖糊精、柑桔纤维、大豆纤维、菊粉、羧甲基纤维素钠和二氧化硅。

**建议服用量：**每次服用时取1勺放入240毫升水中，每天1-2次。

**为了达到最佳效果：**可以和其它Herbalife的营养产品配合使用。

\*\* Percent Daily Values are based on a 2,000 calorie diet (U.S. FDA Guidelines)

† Daily Value (DV) not established

\*\* 每日需求量百分比是根据一份2000卡路里的食量来计算(根据美国食品及药物管理局之指导原则)。  
 † 未制定每日需求量。

\*This product is not intended to diagnose, treat, cure, or prevent any diseases.