

Optimal Fiber GLP-1

Why This Supplement?



Today's ultra-processed foods are designed to keep us perpetually craving more. But there's a natural solution that can help you feel satiated for longer and control cravings. That's fiber, especially fermentable fibers like Beta-glucan that trigger the release of GLP-1, a hormone that signals fullness to your brain.

What Sets Us Apart?

Just like your Health Professional, Optimal Health Systems cares about patients, which is why we exclusively create supplements with nutrients derived from whole foods—not cheap, synthetic alternatives. Rest easy, knowing you're getting the best nutrition possible.

The Results

Supplementing with the natural compound Fructooligosaccharide helps fuel the digestive bacteria in your large intestine. This prebiotic fiber supports overall gastrointestinal tract health, aiding in digestion and absorption of vitamins and minerals, and helping control appetite. This special fiber has been shown to improve insulin sensitivity, lower blood pressure, and increase satiation between meals.

Quick Facts!

- Numerous studies illustrate fiber's central role in digestion and overall health. Dietary fiber has been shown to lower the risk of heart disease, stroke, type 2 diabetes, and bowel cancer.
- Fermented fiber has a powerful ability to help our bodies regulate appetite—and most of us don't get enough. Adding fiber to the diet aids weight loss by controlling hunger.



Dosing

Mix 1 level scoop into 8 ounces water or beverage of your choice, twice daily or as recommended by a Health Care Provider.

Supplement Facts

Serving Size 1 Scoop (3 grams)	Servings Per Container 62
Amount Per Serving	% Daily Value
Fructooligosaccharide	3g †

†Daily Value Not Established.

Other Ingredients: None.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

For full details and latest supplement facts, visit:
www.ohs4life.com/fiber