Just so you know, Bios Life has FIVE different types of fibers which are all very healthy for normalizing blood sugar and cholesterol and the digestive system.

If someone’s body is not used to fiber, (let alone the types of fiber in Bios Life) it may provoke some very TEMPORARY digestive changes. ( use your imagination) : )

To avoid the change …

Please advise people to START THEIR BIOS LIFE SLOWLY!!

Follow this plan… it is VERY conservative, and you can tell someone, if they feel fine.. Then step it up and go to normal dosage suggestions.. This is just to be overly conservative to avoid any gastric changes during the adjustment period…

1. ½ packet before your larger meal once per day for 2-3 days
2. Increase to ½ packet two times per day before your larger meals for 2-3 days
3. Increase to 1 full packet before largest meals for 2-3 days
4. Increase to 1 ½ packets for 2-3 days (divided between 2 meals)
5. Increase to 2 full packets per day (1 packet before each meal)