

SURBEX®

Nutri-Fiber

Wheat Dextrin Powder

CONSTIPATION RELIEF THAT LASTS

- SURBEX® Nutri-Fiber is a completely soluble and highly tolerated dietary fiber for a healthy bowel.
- SURBEX® Nutri-Fiber is from natural origin, sodium and sugar free and suitable for long term use.
- SURBEX® Nutri-Fiber increases intestinal motility, improves stool formation and relieve constipation effectively.
- SURBEX® Nutri-Fiber is suitable to be mixed in beverages, cooking and baking due to its unique versatility.


Imported from
France

Invisible but
**Powerful
Fiber** for everyone!

Dissolves completely in water.
**Easy
Mix**
Neutral taste.



Nutri-Fiber




Abbott

SURBEX®

Nutri-Fiber



.....
Gentle
is
Good

INVISIBLE BUT **POWERFUL FIBER** FOR EVERYONE!
CONSTIPATION RELIEF THAT LASTS!

Nutri-Fiber



PREVALENCE OF DIETARY FIBER INTAKE



Malaysian aged 20-60 years old: 17.5 mil¹

Total Malaysian Population: 30.6 mil²

Average DF intake : 10 -16g/day
RDA : 25g/day

REFERENCES:

1. Ng TK jr et al. Recommended Nutrient Intake for Dietary Fibre : *Bar set too high for Malaysians?* *Malays J Nutr.* 2010 Aug; 16(2): 271-80.
2. Current Population Estimates, Malaysia 2016-2017. Department Of Statistic Malaysia. 2017; 1-3.

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RECOMMENDED DIETARY FIBER INTAKE

25g per day is equivalent to:



16 slices of whole-wheat bread (570g)

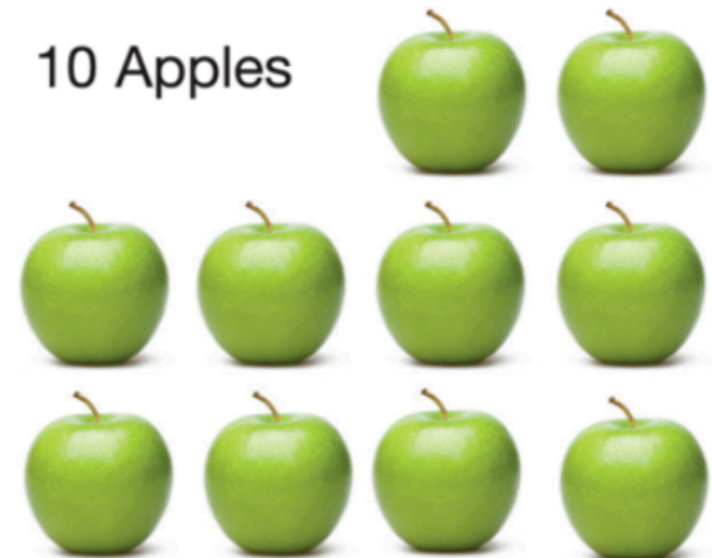
or

730g of cooked beans



or

10 Apples



- or Menu containing:
- 5 apples • 250g cooked beans • 3 slices of whole-wheat bread

TYPES OF FIBER¹

Definition of fiber: Dietary fiber or 'roughage' comprises the edible parts of plant that cannot be digested or absorbed in the small intestine and passes into the large intestine intact.

There are 2 types of fiber:

	Soluble Fiber	Insoluble Fiber
Water solubility	✓ Dissolves in water	• Does not dissolve in water
Water-holding capacity	✓ High ✓ Absorbs more water	• Low • Absorbs less water
Effect on colonic transit time	✓ Does not hasten transit time*	• Hasten transit time
Fermentability	✓ High ✓ Prebiotic Effect	• Low • No prebiotic effect
Examples	✓ Wheat dextrin ✓ Psyllium ✓ Glucomannan	• Cellulose • Lignin

* Applicable to wheat dextrin only

REFERENCES:



1. Eswaran S, Muir J & Chey W. Fiber and Functional Gastrointestinal Disorders. *Am J Gastroenterol.* 2013;108(5):718-727.

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WHAT IS SURBEX[®] NUTRI-FIBER?



Dissolves completely in water
Easy Mix
Neutral taste

SURBEX[®] Nutri-Fiber is neutral taste and extremely palatable. It is suitable to be added in beverages, cooking or even baking.

- Natural origin
- Sugar & sodium free
- Imported from France



BEVERAGES



COOKING



BAKING

ref



REFERENCES:

- Lefranc-Millot C, et al. Impact of a Resistant Dextrin on Intestinal Ecology: How Altering the Digestive Ecosystem with NUTRIOSE(R), a Soluble Fibre with Prebiotic Properties, May Be Beneficial for Health. *Journal of International Medical Research*. 2012;40(1):211-224.
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BEVERAGES



COOKING



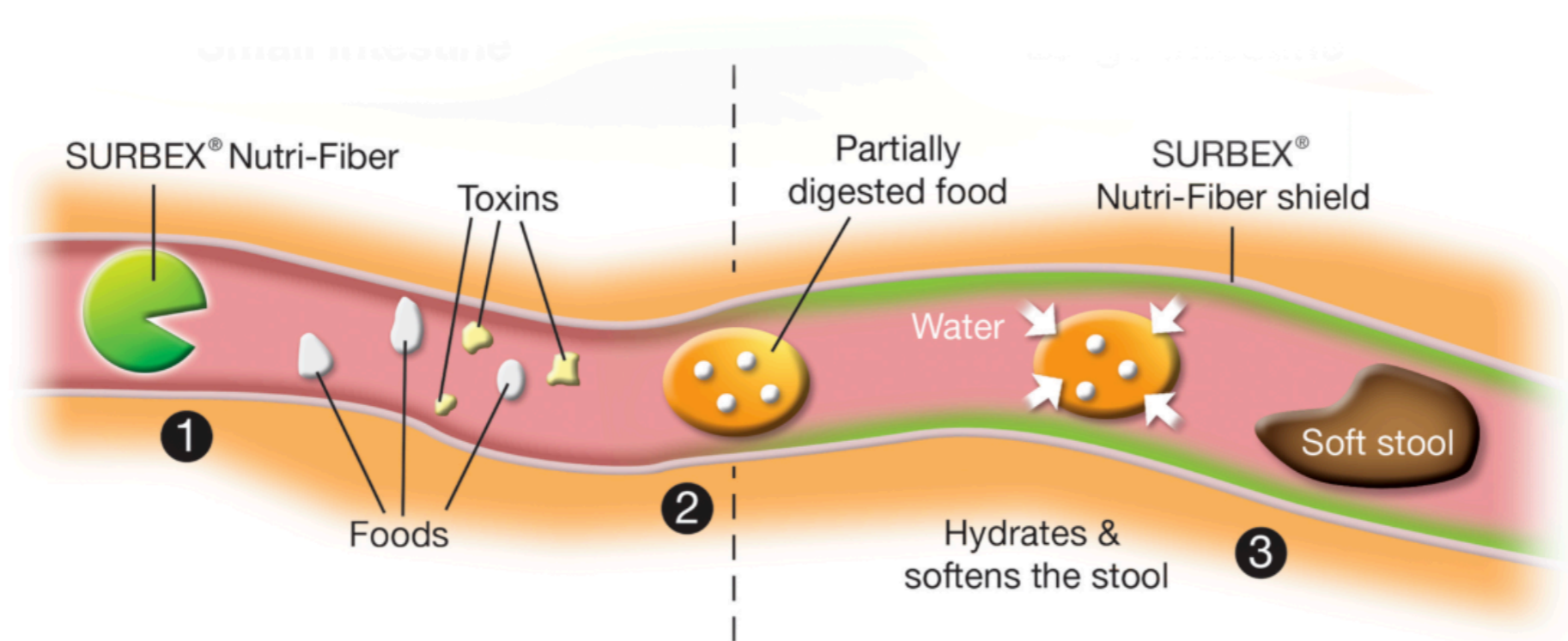
BAKING

ref



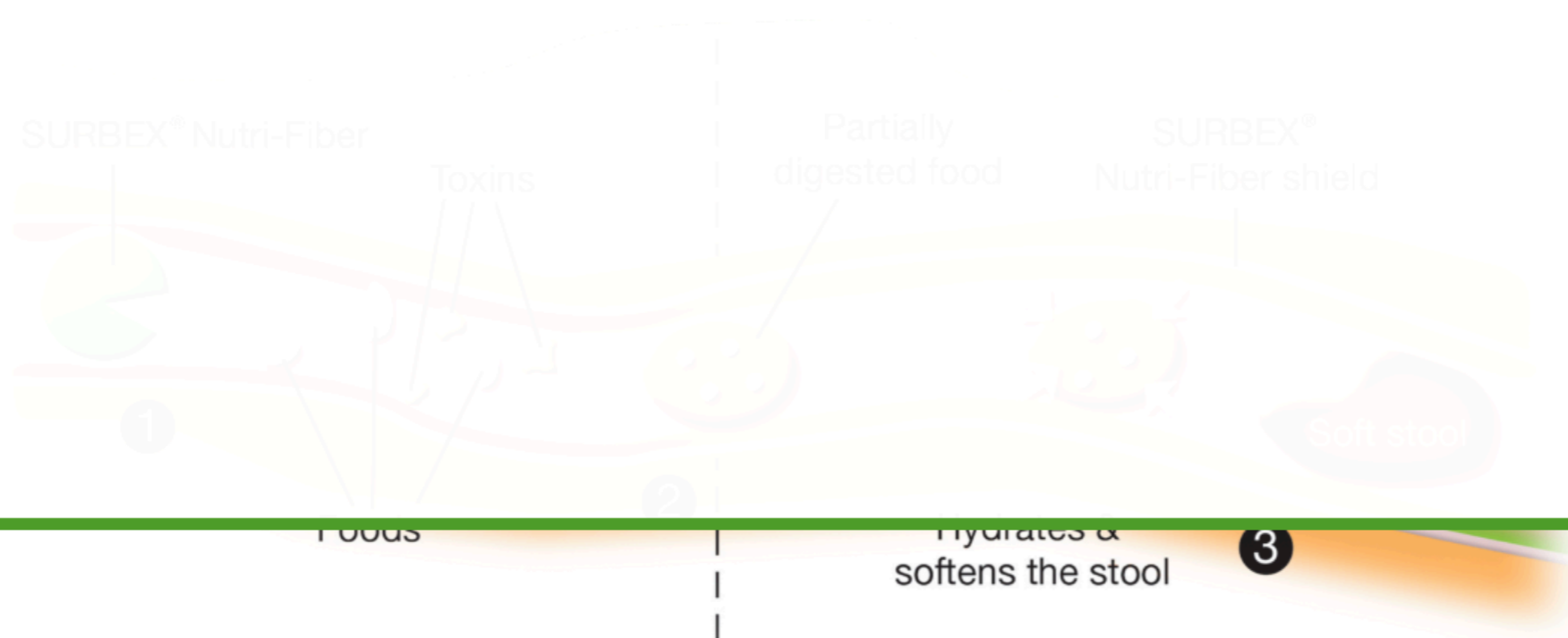
HOW SURBEX[®] NUTRI-FIBER WORKS?

- 1** In small intestine, SURBEX[®] Nutri-Fiber binds with food and toxins¹
- 2** The partially digested food then proceeds to the large intestine, where it absorbs water to soften the stool and makes it easy to pass²
- 3** Waste products will glide smoothly through the large intestine and then be eliminated



REFERENCES:

1. Lefranc-Millot C, Guerin-Deremaux L, Wils D, Neut C, Miller L, Saniez-Degrave M. Impact of a Resistant Dextrin on Intestinal Ecology: How Altering the Digestive Ecosystem with NUTRIOSE(R), a Soluble Fibre with Prebiotic Properties, May Be Beneficial for Health. *Journal of International Medical Research*. 2012;40(1):211-224.
2. Eswaran S, Muir J, Chey W. Fiber and Functional Gastrointestinal Disorders. *Am J Gastroenterol*. 2013;108(5):718-727.



SURBEX[®] NUTRI-FIBER RECOMMENDED DAILY SERVINGS

Age	Servings per day	Fiber Therapy Durations
4 to 11 years	1 - 2 sachets	Adaptation period 7 days
12 years to Adult	2 - 5 sachets	
Pregnancy	1 - 5 sachets	
Lactating	1 - 5 sachets	

Note: It is reasonable to recommend clearing hard stool with an osmotic laxative before initiating fiber therapy, which may avoid cramping pain.¹

Cautions:

- This product is not suitable for those having celiac disease or gluten intolerance.
- Do not exceed 45 g/day of SURBEX Nutri-Fiber to avoid stomach discomfort.

ref

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