

INVISIBLE FIBRE™

HEALTHY NATURAL PLANT FIBRE

URNS UNHEALTHY FOOD INTO HEALTHY FOOD

SOLAL
TECHNOLOGIES
FUNCTIONAL FOODS™

PRESCRIBED BY DOCTORS
RECOMMENDED BY PHARMACISTS™



- ✓ Add Invisible Fibre™ to almost any food or drink to invisibly and tastelessly increase their fibre content
- ✓ Lowers the glycaemic index of food, balances blood sugar and helps control appetite
- ✓ Makes unhealthy food healthier –without affecting taste or texture

Nutritional Information	
Per 2 heaped teaspoons (4g)	
Amount Per Serving	
Energy 3.2 kJ (0.8 Cal)	
	% Daily Value
Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Carbohydrate 3.7g	1%
Fibre 3.5g	12%
Soluble Fibre 3.5g	
Protein 0g	

What is Invisible Fibre™

Invisible Fibre™ is a natural plant fibre sprinkle made from the guar bean. It is completely tasteless, odourless and non-thickening.

Add Invisible Fibre™ to:

- ✓ Almost any savoury or sweet food
- ✓ Sandwiches, hamburgers, mince, pasta, potatoes, pizza's, dips
- ✓ Hot or cold drinks, water, tea, coffee, milk, juices, smoothies, even wine!
- ✓ Yoghurt, mayonnaise, cottage cheese, sauces, dips, salad dressing, cereals, desserts
- ✓ ...and many more foods to increase fibre content
- ✓ Invisible Fibre™ is heat-stable, so it can also be used in baking and cooking, to increase the fibre content of breads, muffins, desserts, stews, lasagna etc.

SUGAR-FREE – less than 1 Calorie per serving (Fibre is not absorbed by the body and therefore has a negligible calorie content).

The importance of Fibre

Fibre is an essential but often forgotten dietary nutrient. Most people consume less than 50% of their daily fibre requirement.

A diet low in fibre can result in fatigue, carbohydrate cravings, obesity, diabetes and heart disease.

Fibre lowers the Glycaemic Index (GI) of food, thereby balancing blood sugar & boosting energy levels, whilst helping to control appetite – Simply put, fibre makes unhealthy food healthier. Fibre also causes a feeling of fullness and it is essential to healthy weight control.

Fibre is also important for healthy intestinal function, where it enhances nutrient absorption, promotes healthy bacterial growth, reduces cholesterol absorption and helps relieve many gastro-intestinal problems such as constipation and irritable bowel syndrome.

Fibre can also help prevent leaky gut syndrome, a condition where unhealthy bacteria and partially digested food cross the intestine wall, into the body, triggering allergies and immune system complaints.

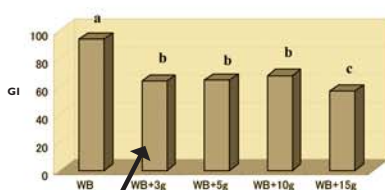
Scientific proof:

Studies show that only one to three servings **Invisible Fibre™** reduces the **Glycaemic Index (GI)** of food by between **30-50%**!

Study 1: White Bread Glycaemic Index (GI) reduction in healthy people

Glycaemic Index of 110g white bread (WB) reduced by 33% using only 3g (less than one serving) of INVISIBLE FIBRE™:

GLYCEMIC INDEX OF WHITE BREAD WITH INCREASING DOSES OF INVISIBLE FIBRE™



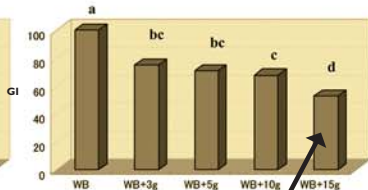
33% reduction in GI

WB: White Bread
10 Normal subjects (p<0.05)

Study 2: White Bread Glycaemic Index (GI) reduction in diabetic patients

Glycaemic Index of 110g white bread (WB) reduced by 50% using 15g (3 servings) of INVISIBLE FIBRE™:

GLYCEMIC INDEX OF WHITE BREAD WITH INCREASING DOSES OF INVISIBLE FIBRE™ IN DIABETIC SUBJECTS



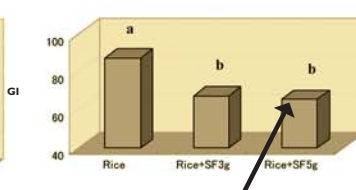
50% reduction in GI

WB: White Bread
10 Diabetic subjects (p<0.05)

Study 3: Rice Glycaemic Index (GI) reduction in healthy people

Glycaemic Index of 160g of white rice reduced by 30% using only 3-5g (1 serving) of INVISIBLE FIBRE™:

GLYCEMIC INDEX OF RICE WITH INCREASING DOSES OF INVISIBLE FIBRE™



30% reduction in GI

Rice: 160g
10 Normal subjects (p<0.05)



Invisible Fibre

For more information on this product or anti-aging products and protocols or for any health need, contact:

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