



The Importance of Fiber

Every day scientists learn more about the role nutrients play in preventive health care. According to the *American Journal of Cardiology*, a supplemental 15 grams of soluble fiber a day may significantly lower cholesterol levels in both men and women. In fact, the FDA has approved a health claim stating that diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease.

But despite all the good news about fiber, most Americans do not consume enough or the right types of fiber. The American Dietetic Association recommends a daily intake of 20 to 35 grams of fiber, yet the average American currently consumes only 12 to 17 grams of fiber a day.

That means that most of us are consuming about half of the amount of fiber our bodies need. Yet, consuming the recommended amount of fiber in a day is extremely difficult. For example, one small head of iceberg lettuce contains about 5 grams of fiber. In order to reach the goal of a fiber intake of 20 to 35 grams per day, you would have to consume six heads of lettuce a day. Do you know anyone who eats six heads of lettuce a day?



How's Your Health?

Studies have shown that as a society, we are overweight, we don't exercise, and we don't eat properly. Just look at some of the data. The Centers for Disease Control and Prevention estimate that half of all Americans are overweight and that roughly 22 percent of the nation is obese. According to the U.S. Surgeon General, 60 percent of American adults are not physically active on a regular basis — and 25 percent of them aren't active at all. A study in California found only about 5 percent of adults eat enough fiber each day and just 30 percent of adults eat the recommended five servings of fruits and vegetables daily. As a society, we don't take care of ourselves.

While most of us know that eating a balanced diet and daily exercise is important, we have a hard time following a healthy diet and exercise regimen. We often eat on the run, work in stressful environments, skip meals, fall short on our exercise promises, and have trouble sleeping. We succumb to the abundance of fast food that's available for the sake of convenience, and we're more sedentary than ever. In short, we have turned into a nation plagued by health problems even in the face of an onslaught of health information.

What the FDA says about fiber...

The Food and Drug Administration has recognized fiber's importance by requiring it to be listed on the Nutrition Facts panel of food labels along with other key nutrients and calories. In fact, based on scientific evidence, the agency has approved four health claims related to daily fiber intake and lowered risk of heart disease and cancer.

- Diets low in fat and rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors (§101.76).
- Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of coronary heart disease, a disease associated with many factors (§101.77).
- Diets low in fat and rich in fruits and vegetables, which are low-fat foods and may contain fiber, vitamin A and vitamin C, may reduce the risk of some types of cancers (§101.78).
- Diets low in saturated fat and cholesterol that include 3 grams or more of soluble fiber from oats per day may reduce the risk of heart disease (§101.81).

Bios Life 2[®]

By consuming a healthy diet that is low in saturated fat and cholesterol and high in fruits, vegetables, and dietary fiber, especially soluble fiber, you may lower your blood cholesterol and reduce your risk of heart disease.

Bios Life 2[®], a fiber-rich nutritional drink mix that can support healthy cholesterol and blood sugar levels, features a proprietary matrix of soluble and insoluble fibers under two U.S. patents (Nos. 4,883,788 and 4,824,672). These fibers include pectin, guar gum, gum arabic, oat fiber, and locust bean gum. This special combination of fibers helps in reducing serum cholesterol levels naturally.

Dietary fiber also provides a feeling of fullness and adds bulk in the diet. Bios Life 2[®] when consumed before meals, can help curb your appetite by giving you a pleasant, full feeling. It is a natural way to control your appetite while nourishing your body with important nutrients needed for multiple systems.

Another important benefit of Bios Life 2[®] is ChromeMate[®], a unique form of the essential nutrient chromium. Chromium is important in maintaining healthy blood sugar levels and promoting lean body mass. It is safe and readily absorbed by the body.

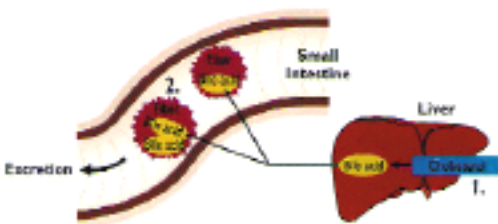
In addition, Bios Life 2[®] contains antioxidant vitamins C and E, which have been proven to protect cells from free-radical damage. It also supplies key nutrients such as beta-carotene, calcium, zinc, and a complex of B vitamins that may help to promote the body's overall health and well-being.

There are many fiber products on the market that claim to help reduce cholesterol, but only Bios Life 2[®] contains a patented form of fiber, vitamins, minerals, and chromium polynicotinate.

Bios Life 2[®] is available in three varieties: Bios Life 2[®], Bios Life 2[®] Natural and Bios Life 2[®] Tropical Fruit. With a pleasant orange flavor, Bios Life 2[®] contains a low-calorie artificial sweetener. Bios Life 2[®] Natural and Bios Life 2[®] Tropical Fruit are flavored naturally. Bios Life 2[®], as part of a healthy diet, helps lower your blood cholesterol level and the risks of coronary heart disease.

HOW DO FIBERS WORK TO REDUCE BLOOD CHOLESTEROL LEVELS?

Suggested Mechanism for the Cholesterol-Lowering Effects of Fibers



1. Fibers, soluble fibers in particular, bind bile acids in the small intestine. Bile acids are synthesized in the liver from cholesterol and secreted into the small intestine.
2. The fiber-bile acids complex prevents bile acids from being reabsorbed from the small intestine, enhancing the secretion of bile acids.
3. To replace the lost acids, cholesterol is drawn from the circulation for the production of bile acids, thereby reducing the blood cholesterol levels.

The Beginning of Bios Life 2[®]



Dr. Charles E. Day

Dr. Charles E. Day worked as a scientist at the UpJohn Company for 15 years before founding his own biotechnology discovery company, Audax, Inc., in 1985. His area of expertise as a researcher is in cholesterol regulation and, more specifically, cholesterol lowering. One of the substances Dr. Day has worked extensively with is guar gum, the main ingredient that allows Bios Life 2[®] to be so effective.

Guar gum is an annual summer legume grown in Pakistan and India. This fiber is often used as forage for cattle and as a vegetable for human consumption. It is mostly grown in arid, unirrigated areas as the crop depends on only one or two rainfalls and does not require much fertilizer to grow. The largest market for guar gum is the food industry, which uses the legume as a thickener and a binder of free water in sauces, salad dressings, ice creams, and many other applications.

Historically, guar gum has been used to promote healthy blood sugar levels and control appetite. A number of companies have unsuccessfully tried to use guar gum in their products for cholesterol lowering. One of the problems was that when it reached the stomach, guar gum did not completely dissolve and, in Dr. Day's words, "just sat there like a wet glob."

Based on his vast experience in developing products that lower cholesterol, Dr. Day, in conjunction with his colleague Eric Kuhrts, developed a safe and effective, all-natural cholesterol-lowering product using guar gum. After a number of tests and studies, Dr. Day and Mr. Kuhrts patented a technology that would create bubbles that broke up the guar gum in the stomach to help increase its clinical efficacy. This technology was applied to the creation of Bios Life 2[®].

Dr. Day had envisioned a safe and effective natural product for lowering cholesterol. The invention that he had spent so much time on can help promote weight loss and healthy blood glucose levels as well.