

UNICITY LiFiber



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Fiber is an important part of any diet, as it can help maintain normal and healthy cholesterol and glucose levels and promote the movement of materials through the digestive system. But most people aren't getting enough of it. The modern diet makes it difficult to get the fiber we need each day—highly processed foods are stripped of fiber, fruits and vegetables have less fiber than they used to, and we're eating fewer of the foods that are good sources of fiber.

LiFiber is a high-quality psyllium husk product that contains dietary fiber and a proprietary herbal blend that promotes gastrointestinal health. The herbal blend gently nourishes the digestive system, helping it maintain proper function over time and promote regularity. LiFiber also provides a plant-based source of fiber that many people lack in their diets, which helps move waste through the digestive tract and helps support an overall healthy microbiome.

Features

- Gentle proprietary herb and fiber formula to help cleanse and nourish the digestive system
- Contains fiber essential for a well-balanced diet
- Dissolves easily in water
- Mixes well with drinks, shakes, and smoothies
- Banana flavor

Benefits



Helps eliminate waste from the digestive system



Helps sustain normal healthy blood cholesterol levels already in the normal range



Helps support a healthy digestive tract and maintain gut health



Helps increase satiety to curb appetite

Use

Mix one level scoop of LiFiber with 8–10 oz. water. Drink immediately. Take 1–2 times daily.

Ideal for

Individuals wanting to keep their intestinal system working properly

People who want to increase their fiber intake

Those looking to support their overall health

When to take/drink

LiFiber can be taken at any time throughout the day, but we recommend taking it with food to help prevent stomach upset. Be sure to drink plenty of water throughout the day, as well.

Use LiFiber as a part of Unicity's Cleanse Pack for a complete cleanse of your digestive system.



Ingredients

BULK-FORMING FIBER: These ingredients include soluble fiber, which can be dissolved in water. Soluble fiber helps move waste out of the digestive system and helps keep you feeling fuller for longer.

Ingredients: psyllium husk, citrus pectin, guar gum.

NOURISH & SOOTHE: These ingredients help soothe and nourish the digestive system. They can also help ease stomach discomfort.

Ingredients: hibiscus flower, licorice root, alfalfa, marshmallow root, slippery elm bark, yucca root, cinnamon bark, papaya fruit, peppermint leaf, red raspberry leaf.

SYSTEM SUPPORT: These ingredients are designed to support the optimal functioning of the entire digestive system.

Ingredients: black walnut hulls, buchu leaf, burdock root, cayenne, clove seeds, cornsilk, dandelion root, echinacea root, garlic bulb, chickweed leaf, pumpkin seeds, aloe powder.

FLAVOR: These ingredients help give this product a pleasant flavor.

Ingredients: Fructose, Maltodextrin, Fructo-Oligosaccharides, Natural orange flavor, Banana flavor, and Stevia.

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*Note: Maintaining a healthy diet and exercise regimen and getting plenty of sleep will help support a healthy immune system.

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FAQs



How often can I take LiFiber?

1–2 times a day. LiFiber is gentle enough to use anytime you need its benefits.

Are there any side effects to LiFiber?

People who do not have an adequate daily fiber intake (like most of us) may experience effects at first due to the increased fiber in LiFiber. These effects may include loose stools, abdominal discomfort, and flatulence. Some people may experience mild feelings of bloating when they add more fiber to their diet. As with any change in your diet, you may want to increase your fiber intake gradually. Try starting with a half dose for the first week before taking a full dose.

Why does LiFiber thicken after I mix it?

LiFiber will start to thicken and form a gel-like consistency soon after being mixed. This is perfectly normal and it is precisely how it is intended to be. For best results, mix thoroughly, and then drink immediately.

What is the difference between Unicity Aloe Vera and LiFiber?

LiFiber is a gentle bulk-forming dietary fiber supplement, while Nature's Tea and Aloe Vera has a stimulant laxative effect. Bulk-forming supplements like LiFiber absorb water to soften the stool and increase its bulk, making it easier to eliminate waste. LiFiber can be taken as needed for occasional constipation, whereas and Aloe Vera is intended for short-term use.

Can anyone take LiFiber?

In most cases, LiFiber is safe for everyone. However, if you are pregnant, breastfeeding, or taking medications, please consult your doctor. Not recommended for children under 18.

Can I take LiFiber with other supplements?

No, it is not recommended that you take other supplements with LiFiber, as it can interfere with the absorption.

Can I take LiFiber outside of the Cleanse Pack?

LiFiber can be taken on its own. However, we recommend taking it with the Cleanse Pack for optimal results.

Do I need to change my diet while taking LiFiber?

While you may continue to eat normally while taking LiFiber, we recommend a healthy, balanced diet. Also, make sure you are drinking plenty of water—at least 2 L a day.