

WHAT IS HEATHER'S TUMMY FIBER™ ORGANIC ACACIA?

- Acacia is NOT a drug, it is NOT a laxative, it is NOT an anti-diarrheal medication
- Acacia is a medical food for the dietary management of Irritable Bowel Syndrome
- Helps diarrhea AND constipation
- Dietary soluble fiber; not insoluble fiber
- Certified organic by Ecocert, Kosher certified
- Has a prebiotic effect; increases good gut flora
- Has no additives, fillers, colors, or flavors
- Tasteless, odorless, colorless, grit-free
- Will not thicken on standing — no choking risk!
- Add Acacia to liquids or moist foods
- Very concentrated — one level tablespoon has 6 grams soluble fiber
- Acacia is GRAS, is safe for use in children, and is naturally gluten free

Does your *Organic* diet include soluble fiber?

Studies have shown that soluble fiber, as part of the diet, regulates bowel motility (alleviating both diarrhea AND constipation), and relieves abdominal pain from IBS.

Acacia is an organic, prebiotic soluble fiber supplement with absolutely no additives, and, as part of the diet, it normalizes bowel function naturally.

Acacia's prebiotic effect also stimulates the growth of healthy gut flora, which in turn reduces bloating, gas, and bowel irregularities from IBS.





Heather's Tummy Fiber™

Economical, Concentrated, Certified Organic Soluble Fiber!

Compare...

Heather's Tummy Fiber™ Organic Acacia Senegal – Refill Pouch

\$15.95 1 level tsp = 2.0 grams soluble fiber Just 4 cents per gram

Heather's Tummy Fiber™ Organic Acacia Senegal – Refillable Canister

\$18.95 1 level tsp = 2.0 grams soluble fiber Just 5 cents per gram



Other Brands: Powders	Price*	Total Weight	Total Fiber	Soluble Fiber Concentration	Cost Per Gram	
Methylcellulose Powder	\$27.49	(1418 grams)	149 grams	1 level tsp = 0.67 gram	18 cents	
Psyllium Powder	\$16.49	(1254 grams)	274 grams	1 level tsp = 0.67 gram	7 cents	
Wheat Dextrin Powder	\$21.99	(477 grams)	159 grams	1 level tsp = 1.5 grams	14 cents	
Inulin	\$9.99	(227 grams)	204 grams	1 level tsp = 2.25 grams	5 cents	
Other Brands: Capsules	Price*	Total Weight	Total Fiber	Soluble Fiber Concentration	Cost Per Gram	Cost Per Capsule
Methylcellulose Capsules	\$27.99	(180 caps)	90 grams	1 cap = 0.5 gram	31 cents	14 cents
Apple Pectin Capsules	\$14.99	(120 caps)	60 grams	1 cap = 0.5 gram	25 cents	12 cents
Calcium Polycarbophil Tablets	\$18.49	(140 caps)	70 grams	1 cap = 0.5 gram	26 cents	13 cents
Psyllium Caps	\$15.49	(160 caps)	52 grams	1 cap = 0.33 gram	30 cents	10 cents
Wheat Dextrin Capsules	\$16.49	(114 caps)	114 grams	1 cap = 1.0 gram	14 cents	12 cents

* Suggested retail prices are taken from Drugstore.com, Amazon.com and iherb.com, June 2009