



CATALO Everyday Fiber contains Fibersol®-2, a spray-dried powder produced by a proprietary method. Its rich content of dietary fiber is clinically proven that helps to promote regularity and clear internal debris¹, helping you to achieve 25g of fiber intake daily, the adults daily reference value (DRV) of fiber.² It may assist in stabilizing blood sugar and cholesterol, and reducing the risk of developing lots of lifestyle related diseases. Department of Health reported only 19% of Hong Kong people consume 5 servings or above of fruits and vegetables daily.² This shows that most of the people are unable to fulfill daily requirement of adequate dietary fiber through diet. CATALO Everyday Fiber is an ideal fiber solution as it is highly soluble, dispersible, clear and transparent with no added flavor.

Main Functions:

- Promote regularity
- Clear most internal debris daily
- Reduce fat intake and manage weight
- May assist in stabilizing blood sugar, cholesterol and blood pressure

Suitable for: Children, adults, pregnant women, better intestinal health, occasional constipation or diarrhea, frequent dining-out, lack of fruits and vegetables intake, detoxification

This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat or prevent any disease.

CATALO

EVERYDAY FIBER

日日纖維



Tasteless
無味

每包含相等於約2個西生菜的食物纖維

保持腸道蠕動健康，排毒減肚臍
或有助於穩定血糖、血壓及血脂
減少脂肪吸收，或有助於穩定膽固醇及體重



15包(天然營養補充食品) 美國製造
15 Packs (Dietary Supplement) Made in USA

建議食法

保健食用方法：每天1-3次，每次1包
減肥食用方法：每天3次，每次2包
關注血糖的人士：每次餐前1-2包
6-12歲兒童：每天1包

將日日纖維加入約20-25°C的暖水、咖啡、奶茶、牛奶、豆奶、果汁、粥、湯等飲品中攪拌後即可飲用

Serving Directions

Normal Dosage: Take 1 pack, 1-3 times daily
Diet Dosage: Take 2 packs 3 times daily
For people concerned about blood sugar: Take 1-2 packs before each meal daily
6-12 years old children: Take 1 pack daily

Mix Everyday Fiber with a cup of 20-25°C warm water, coffee, tea, milk, soy milk, juice, soup etc. Stir well and is ready to serve

成份	Fibersol®-2水溶性食物纖維
保存方法	請存於乾燥及陰涼地方，避免陽光直接照射
內容量	75克(5克 x 15包)
此日期前最佳	如盒所標示(日月年)
Ingredients	Fibersol®-2 Water Soluble Dietary Fiber
Storage	Please store in a dry and cool place. Avoid direct sunlight
Net Weight	75g (5g x 15 packs)

Fibersol®-2

Fibersol®-2 is a registered trademark of Matsutani Chemical Industry Co., Ltd.

美國家得路日日纖維 採用獨有噴霧凍乾方法製成的豐富水溶性纖維 Fibersol®-2，臨床實證有助促進腸道蠕動，減少宿便¹，幫助你輕易達至每日25克的膳食纖維建議攝取量²。水溶性纖維能發揮相當於燕麥的功效，更或有助於穩定血糖及膽固醇，保持心腦血管健康。根據香港衛生署資料顯示，只有19%香港人能每日平均進食5份蔬果²，足以證明都市人膳食纖維攝取不足。美國家得路「日日纖維」方便攜帶，無味無糖，每天只需將1至2包「日日纖維」加入喜愛飲品、清水、粥湯類當中，便可補充日常飲食欠缺的膳食纖維，使生活更輕鬆、方便又健康。

主要功效：

- 每包含相等於約2個西生菜的食物纖維
- 減輕偶發性便秘，減少宿便
- 保持腸道蠕動，幫助消化，排毒減肚臍
- 減少脂肪吸收，或有助於穩定膽固醇及體重
- 幫助吸附腸道中廢物排出體外，或有助於穩定血糖
- 或有助於穩定血壓及血脂



連續服用日日纖維調理時間表

服用第2-3天	啟動腸道自製益菌，調理腸道，清理積聚廢物，繼而排出
1-2星期	腸內益菌數量大增，潤腸通便，口氣消失
2-4星期	毒素排走，面部粉刺消失，肌膚更顯光滑
4-8星期	脂肪量明顯減少，腰部線條重現，或有助於穩定血脂及血糖

適用人士：兒童，成年人，孕婦，欲改善腸道健康，偶發性便秘或腹瀉，大便較為乾結難排，經常出外進食，少吃蔬果，希望幫助身體進行健康排毒

1. SLAVIN, J.L. et al. 2009, The Journal of International Medical Research, Vol.37, pp.1-17.
2. Consumption of five servings of fruits and vegetables per day, April 2014, Centre for Health Protection, Department of Health, The Government of the HKSAR

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