

# EX-FIBRE DRINK

▪ ADVANCED BOWEL TONE REGULATOR

To the Medical and Pharmaceutical Professions

## PRESENTATION

FSL012/M/07

**Active ingredients:** Organic wholesome concentrated soybean powder (with urinase enzyme being removed, urinase enzyme is the key to uric acid formation, patented digestion resistant maltodextrin (Cornstarch derived Dietary Fibre) and non-GMO soy protein isolates. Only GRAS (generally rated as safe) raw materials are used in the product formulation. All materials used in the formulation are certified HALAL by their countries of origin.

**Appearance:** Light yellow powder

**Product concept:** Scientifically formulated palatable premixed organic based soybean powder consumed as a beverage containing a blend of soybean powder and soy protein isolates powder rich in water soluble dietary fibre to help promote a healthy bowel tone and served as prebiotic for healthy flora balance in the colon. None bloating and unlike other source of fibre, it helps in iron, calcium, magnesium and zinc absorptions making it the most suitable fibre-rich product for all ages. Each sachet provides approximately 8g of dietary fibre.

"Dietary fiber is the edible parts of plants or analogous carbohydrates that are resistant to digestion and absorption in the human small intestine with complete or partial fermentation in the large intestine. Dietary fiber includes polysaccharides, oligosaccharides, lignin, and associated plant substances. Dietary fibers promote beneficial physiological effects including laxation, and/or blood cholesterol attenuation, and/or blood glucose attenuation." – *Report of the Dietary Fiber Definition Committee to the Board of Directors of the American Association of Cereal Chemists. Submitted January 10, 2001. AACC Report, 118 / MARCH 2001, VOL. 46, NO. 3*

**Product usage:** Dissolve 2 sachets of EX-FIBRE DRINK in approximately 100–120ml of warm water using a shaker or tumbler and shake in random directions. You may also dissolve it by stirring the powder with a fork. Once ready, consume the product immediately. For best result, consume before bed. For lazy colon, consumption can be increased to 2 sachets twice or thrice daily. 1 sachet of EX-FIBRE DRINK can be added into milk powder serving to help improve bowel tone in growing up children.

**Packing:** 20g powder packed in aluminium sachet

**Product quality and safety assurance:** Non-toxic. No artificial flavours, food additives, colourings, solvents, preservatives and thickeners added. EnerFlex™ PLUS is produced in accordance to European International Quality Management System (UKAS ISO9001:2000) and compliance to Global Food Safety Standard (RvA HACCP – Hazard Analysis Critical Control Points) with zero cross contamination and certified free from Chemical (heavy metals such as arsenic, lead, tin, mercury, cadmium and antimony), Biological (Mycotoxin, Aflatoxins, Mold and Yeast, pathogenic bacteria) and Physical hazards. All ingredients used are toxin-free and generally rated as safe (GRAS) by US FDA and phosphorus content is negligible, free from oxalic acid with moderate amount of methionine and rich in folic acid and lecithin for renal health. Oxalic acid can potentially lead to kidney stone formation. The World Health Organization (WHO) has established that soy protein contains enough of all the essential amino acids to meet human requirements when consumed at the recommended level of protein intake, and is considered equivalent to animal proteins in quality. United States (1999) and United Kingdom (2002) FDA approved heart health claim of 6.25g soy protein as dietary recommendation to help lower the risk of cardiovascular disease via LDL-cholesterol lowering. Emerging research points to the beneficial role soy can play in a woman's diet, potentially protecting her from breast cancer and bone loss, alleviating hot flashes associated with menopause and even helping in weight management. These promising findings stem from research presented at the recent *Fifth International Symposium on the Role of Soy in Preventing and Treating Chronic Disease* in Orlando, Florida.

**Shelf life and storage:** 2 Years from the date of manufacturing –stored in cool and dry place and away from direct sunlight and moisture contact.

## SCIENCE OF DIETARY FIBRE

*Report of the Dietary Fiber Definition Committee to the Board of Directors of the American Association of Cereal Chemists. Submitted January 10, 2001. AACC Report, 118 / MARCH 2001, VOL. 46, NO. 3*

Dietary fiber is the edible parts of plants or analogous carbohydrates that are resistant to digestion and absorption in the human small intestine with complete or partial fermentation in the large intestine. Dietary fiber includes polysaccharides, oligosaccharides, lignin, and associated plant substances. Dietary fibers promote beneficial physiological effects including laxation, and/or blood cholesterol attenuation, and/or blood glucose attenuation. Three physiological impacts characteristic of insufficient dietary fiber consumption have proven to be consistently present as a result of almost 50 years of research. These physiological impacts of insufficient dietary fiber intake are constipation, increased risk of coronary heart disease, and increased fluctuation of blood glucose and insulin levels, diverticular disease, hiatus hernia, appendicitis, varicose veins, hemorrhoids (piles), diabetes, obesity, cancer of the large bowel, gallstones, duodenal ulcers, breast cancer, and blood clotting have been hypothesized. Obviously some, but not all, of these hypotheses have proven valid. Foods are very complex biosystems, especially with regard to how they are processed in the human body. Dietary fiber is no exception. For those hypotheses that have proven valid, dietary fibers isolated from particular sources have not necessarily been shown to induce all the positive effects but have been shown to produce one or more of them, particularly when they are part of high fiber foods.

Constituents of dietary fibre include (I) Non-Starch Polysaccharides and Resistant Oligosaccharides (Cellulose, Hemicellulose, Arabinoxylans, Arabinogalactans, Polyfructoses, Inulin, Oligofructans, Galactooligosaccharides, Gums, Mucilages, Pectins); (II) Analogous Carbohydrates (Indigestible Dextrin, Resistant Maltodextrins [from corn and other sources], Resistant Potato Dextrins, Synthesized Carbohydrate Compounds [Polydextrose, Methyl cellulose, Hydroxypropylmethyl Cellulose, Indigestible ("resistant") Starches]; (III) Lignin and (IV) Substances Associated with the Non-Starch Polysaccharide and Lignin Complex in Plants (Waxes, Phytate, Cutin, Saponins, Suberin, Tannins).

As scientific evidence accumulates on the other hypothesized links between dietary fiber and health, it will behoove scientists in the future to update the definition to reflect the changing state of knowledge.

## SAFETY AND ADVERSE REACTIONS – Non side effects responses

Safety in pregnant women not conducted. However, soy has been used as healthy food among pregnant mothers in China and Japan since 5000 years ago as good source of dietary protein for health and beauty. A small group of patients with chronic stomach hyperacidity might experience transient stomach hyperactivity with symptom of bloating due to sensitivity to lecithin when taken empty stomach. This condition is usually cleared after a few days with the product. If symptom persists, it is recommended to consume the product after meal. Physicians are advised to understand the Herring's Law of Cure as there are healing reactions of which being misinterpreted as side-effects of the product. Among the signs include transient headaches, vomiting, body aching and sometimes with joint pain and swelling. Once the healing cycle is completed, the entire patient is transformed to a new leaf of life.

**HERRING'S LAW OF CURE** (*Hahnemann, Samuel: Organon of Medicine, Philadelphia. Pa., Boeriche and Tafel, 1901*)

**LAW NO.1** States that symptoms of a chronic disease disappear in a definite order in the reverse progression of symptoms based on the theory of inflammation in disease progression. The most recent symptom disappears first, and then an earlier symptom re-manifests only to abate when the proper remedy is given. The healing process continues as the body receives all essential amino acids for healing until all the unresolved disease conditions are eliminated, even though some may go back to early childhood. The moment the healing phase is reversed from the chronic phase to acute phase whereby inflammation takes place, symptoms such as headache, body ache, fever and joint pain might occur. The discomfort will be more significant from day to day until it reaches the peak and subsiding thereafter once the healing is complete. Law No.1 usually happens in patients with chronic gastritis, osteoarthritis, rheumatism arthritis, physical and sports injuries, and migraine.

**LAW NO.2** States that the symptoms tend to move from the more vital organs to the less vital organs and from the interior of the body toward the periphery or skin. Healing is from Inside-Out. This Law functions because of the body's attempt to preserve itself. If a disease that produces morbid matter can't be eliminated, the body tries to deposit the residues of this condition in harmless area where possible. The skin is one of the safest, but the body also frequently uses the various connective tissues and joints for this purpose. Law No.2 happens in patients with acute and chronic hepatitis, history of stomach and peptic ulcer, and sometimes in chronic constipation. Symptoms include headaches, abdominal cramp and back ache. These symptoms are just temporarily and should not be regarded as product side effects.

**LAW NO.3** States that the symptoms move from the top of the body than downward, disappearing first from the head, then from the thigh to the knee, ankle, and foot. We frequently encounter this last pattern, wherein the pain will go from the abdomen into the hip, then thigh, then knee and then in and out the foot. The functioning of the Third Law is based on the principle similar to and is a symptomatic extension of the Second Law. Its nature is important to the physician and the patient.

### AVERAGE NUTRIENTS ANALYSIS FOR *EX-FIBRE DRINK* –based on random sample test

Nutrient	Average analysis Per 20g powder	Specifications	Nutrient	Average analysis Per 20g powder	Specifications	Nutrient	Average analysis Per 20g powder	Specifications
Total Carbohydrate (mainly oligosaccharide)	8-12 g	40- 60%	Protein- Carbohydrate Ratio pH @ 29.5°C	0.75	0.6-1.0	Non Essential Amino Acids (L)		
Total Sugar	< 10%	< 10%	Food Thickeners/Solvents	7 -7.5	7 - 7.5	Arginine	>0.1%	>0.1%
Total Soy Protein	6 -8 g	30 - 40%	Essential Amino Acids (L)	Nil	Nil	Alanine	>0.01%	>0.01%
Total Fat	< 4 g	<20%	Isoleucine	>0.3%	>0.3%	Aspartic Acid	>0.05%	>0.05%
Unsaturated Fatty Acids	>0.6g	>3%	Leucine	>0.6%	>0.6%	Cysteine	>0.01%	>0.01%
Saturated Fatty Acids	<1.0 g	<5%	Lysine	>0.3%	>0.3%	Cystine	>0.01%	>0.01%
Moisture Content	< 6%	<10%	Methionine	>0.06%	>0.06%	Glutamic Acid	>0.01%	>0.01%
Energy	75 -110 kcal	75 -110 kcal	Phenylalanine	>0.3%	>0.3%	Glycine	>0.2%	>0.2%
Cholesterol	N. D	N.D	Threonine	>0.2%	>0.2%	Proline	>0.01%	>0.01%
Soy Lecithin	> 3g	>15%	Tryptophan	>0.1%	>0.1%	Serine	>0.01%	>0.01%
Dietary Fibre	6-8 g	30 -40%	Valine	>0.2%	>0.2%	Tyrosine	>0.01%	>0.01%
Omega-3 Fatty Acid	>50 mg	>50 mg	Histidine*	>0.2%	>0.2%			
Omega-6 Fatty Acid	<200 mg	<200 mg						
Copper	< 2mg	< 2mg	Oxalic Acid	N. D	N.D			
Calcium	≤ 200 mg	≤ 200 mg	Urinase Enzyme	N.D	N.D			
Magnesium	<60 mg	<60 mg						
Iron	<10mg	<10mg						
Zinc	<20 mg	<20 mg						
Iodine	< 30 mcg	< 30 mcg						
Phosphorus	<400mg	<400mg						

N. D- Not Detected \*essential amino acid for children only- Ref: Fredrick J.S, Margaret M, Living Nutrition, John Wiley (1980)

### Rva HACCP FOOD SAFETY ANALYSIS

Microbiological	Unit	Results	Specifications
Total Plate Count (at 37°C for 48 hours)	CFU/g	<100	≤ 10,000
Coliform	CFU/g	Absent	≤10
E. Coli	CFU/g	Absent	Absent
Mold and Yeast	CFU/g	Absent	≤35
Aflatoxin	mg/kg	Absent	≤ 5
Mycotoxin	mg/kg	Absent	Absent
Heavy Metal			
Arsenic	mg/kg	N. D	≤1.0
Lead	mg/kg	<2.0	≤ 2.0
Tin	mg/kg	N.D	≤ 40.0
Mercury	mg/kg	N.D	< 0.05
Cadmium	mg/kg	<0.5	<1.0
Antimony	mg/kg	N.D	<1.0

### MANUFACTURER

MYHEALTHDRIVER SDN BHD (554445-M): 12A-16, JALAN TAGO 6, TAGO INDUSTRIAL PARK, 52200 KUALA LUMPUR, MALAYSIA.



EnerFlex is a TRADEMARK of MyHealthDriver.Com Sdn Bhd