



fibre — and so much more!

balance, restore, revitalize

The Fibre Fix

Fibre is one amazing multi-tasker. Whether your goal is weight loss, improved digestion or heart health, fibre does it all. Despite common knowledge of fibre's many benefits, most Canadians are getting approximately half of the fibre needed per day.

Fortunately, Herbal Harmony® provides 10 grams of soluble and insoluble fibre per serving. It's a simple solution for better health.

No Ordinary Fibre

Did you know there are actually two types of fibre, each with different benefits? Your body needs both soluble and insoluble fibre. Unfortunately, most fibre supplements only provide insoluble fibre to act as a "bulking agent" in the gut. The soluble fibre in Herbal Harmony provides added benefits you can't get from a typical fibre powder. With Herbal Harmony, you can balance, restore and revitalize.

Soluble fibre:

- leads to less artery build-up by binding to cholesterol and inhibiting cholesterol production.
- helps control blood glucose by slowing carbohydrate digestion, which can help manage weight.

Insoluble fibre:

- reduces constipation, diverticulosis, and risk of colon cancer and other intestinal diseases by helping speed transit through the colon.
- promotes growth of probiotics, helpful bacteria that keep harmful bacteria in check, aid in digestion and keep you healthy.
- enhances weight loss by improving satiety.



With an exclusive blend of antioxidants, enzymes and herbs, Herbal Harmony is much more than a fibre powder.

Beyond Digestion

Feeling great is about more than just proper digestion. That's why Herbal Harmony has an exclusive blend of antioxidants, enzymes and herbs for overall well-being.

Antioxidants. Beta carotene and vitamin C are potent antioxidants that neutralize cell-damaging molecules known as free radicals.

Enzymes. Papain and bromelain are two key enzymes that reduce inflammation, promote proper digestion, relieve bloating and indigestion, and help the body function more efficiently.

Herbs. Ginseng, garlic and chamomile are just three of 21 herbs in Herbal Harmony's special proprietary blend. The bioflavonoids in herbs have been shown to protect and revitalize, promoting overall wellness.



For more information or to order:
800 RELIV US (735.4887)

