

TerraMix





TerraMix FB



TerraMix FB Botanical Beverage Mix is a lemon/ apple-flavored fiber-rich beverage containing both soluble and insoluble fiber as well as dōTERRA CPTG® Lemon essential oil. This super tasty, fiber-rich beverage contains natural apple fiber, tapioca fiber, and ground flaxseeds, and can be mixed with warm or cold water to make a delicious fiber-rich drink.

Nutrition Facts

Servings Per Container: 30 | Serving Size: (9.2g)

	Per Serving	Per 100g
Energy	23 kcal	253 kcal
Protein	0g	0g
Carbohydrate	8g	82g
Total Sugars	1g	12g
Total Fats	0.5g	6g
Dietary Fiber	5g	60g

PRIMARY BENEFITS

- Good source of fiber
- Great lemon-apple flavor
- Provides a good source of soluble and insoluble fiber
- Each serving provides 5 grams of recommended 20 - 30g daily intake of dietary fiber
- Contains high potency (200mg) of vitamin C

INGREDIENTS

Apple fiber, tapioca fiber, flaxseed powder, guar gum, citric acid, ascorbic acid, lemon flavor, stevia, maltodextrin, silicon dioxide, apple flavor

DIRECTIONS FOR USE

Take one scoop, add 300mL of cold or warm water, stir until completely mixed.



CAUTIONS

Pregnant or nursing women and people with known medical conditions should consult a physician before using. Does not contain wheat or milk products. Use only as directed.

Testimonials

TerraMix FB is the best fiber I have ever tried! It contains ground flaxseed, which I really like because I know that flaxseed can help with the metabolism of sugar and the health of the heart and blood vessels! Next, it is rich in vitamin C which we all know that vitamin C will promote the formation of collagen. Drink it every day, your body will be healthy, and your skin will stay beautiful!



Lam Yee Mun
Presidential Diamond



Winny Yeoh
Presidential Diamond

First of all, a special thanks to dōTERRA for giving me the opportunity to try TerraMix FB. This is also the first health food marketed by dōTERRA Malaysia. Today I will share with you my feelings after taking TerraMix FB. Actually, I have digestive system problem for a long time, after I take TerraMix FB for a week, I noticed a slight improvement in my digestive system! And the taste of TerraMix FB is very fragrant and delicious, and it is very tasty. I hope that it will be launched at the estimated time, so that everyone can taste the delicious healthy drink of TerraMix FB.

The health drink that I've waited for so long has finally arrived! I like TerraMix FB very much because it has a lemon and apple flavor. Living in a fast pace of life in the modern day, personal health is crucial! I also drink TerraMix FB before lunch or dinner so that it can control my appetite and provide satiety.



Lim Mian Foo
Presidential Diamond



Pauline Tey
Presidential Diamond

Let me introduce you a type of fiber drink, it is the TerraMix FB! I usually take one drink every morning before exercise and another after exercise. It will make me feel full. Here is a small suggestion, to maintain a healthy posture, you may combine with Smart & Sassy essential oil and apply it to your thighs, arms, and abdomen to firm the skin.

I run my business outside most of the day. My lunch and dinner are almost solved outside. As we all know, there are not many vegetables served in restaurants, so it is not easy to reach 25 to 30 grams of dietary fiber a day. I am so glad that dōTERRA Malaysia is launching a new healthy beverage called TerraMix FB. As for me, it not only allows me to take in enough dietary fiber but also helps the condition of my gastrointestinal motility and my bowel regularity.



Henry Fong
Presidential Diamond

Frequently Asked Questions

1. What is the recommended dietary fiber intake for each adult?

Recommended Nutrients Intake (RNI) by Ministry of Health Malaysia advises Malaysians to maintain the recommendation of 20 - 30g of dietary fiber per day.

2. When is the best time to take TerraMix FB - before or after meal?

In general, dietary fiber can be taken at any time of the day, if an individual wants to feel full, then it is best to take it 30 minutes before a meal, so they don't consume more food. If they want to control their appetite, they can consume in between meals to avoid unnecessary snacking. Some individuals take it before going to bed to help with morning constipation. A word of advice, everyone should always take dietary fiber with plenty of water. Individuals who take medication or have digestive diseases should consult their doctor to understand what is the best time for them to take TerraMix FB.

3. Why does TerraMix FB comes with a sour taste?

It is part of the flavor and it also helps to provide vitamin C (reason for sourness).

4. Is TerraMix FB "Gluten Free"?

Yes, it is.

5. Is Malaysia's TerraMix FB halal?

Yes, we have just obtained the halal certification. However, due to the launch timing, we are unable to revise the label on the packaging until the next production.



6. How much soluble and insoluble fiber is available in TerraMix FB?

It is about 60% of soluble and 40% of insoluble fiber (5 grams of total dietary fiber per serving. 3 grams of soluble fiber and 2 grams of insoluble fiber).

7. Can children consume TerraMix FB? If yes, what is the age limit?

We would suggest for children age 12 and above if you were to introduce TerraMix FB to them.

8. Would TerraMix FB help to solve my long-standing issue with constipation?

Each person may have different level of severity on long-standing issue with constipation. Although dietary fiber intake can help to ease the condition on constipation, you may want to make sure that you have sufficient water intake and start your dietary fiber supplementation gradually.

9. Why do I feel bloated after taking TerraMix FB?

If you are new in taking dietary fiber supplementation, you may feel bloated if you do not consume enough water.



Additional Tips:

Tummy massage with essential oils



STEP 1

Apply 10 drops of Fractionated Coconut Oil on the belly.



STEP 2

Rub your palms to warm your hands.



STEP 3

Apply 3 drops of ZenGest essential oil on the massage area.



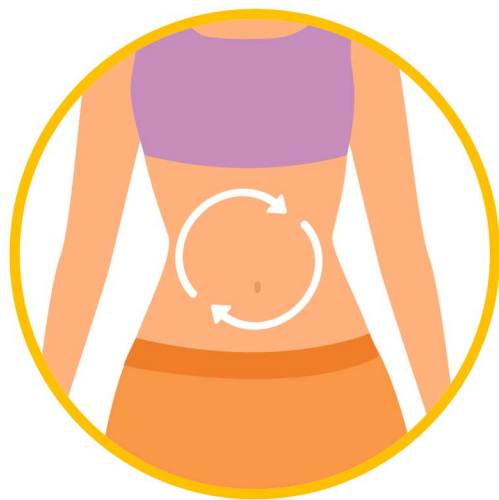
STEP 4

Apply 3 drops of Smart & Sassy essential oil on the massage area.



STEP 5

Apply 2 drops of Grapefruit essential oil on the massage area.



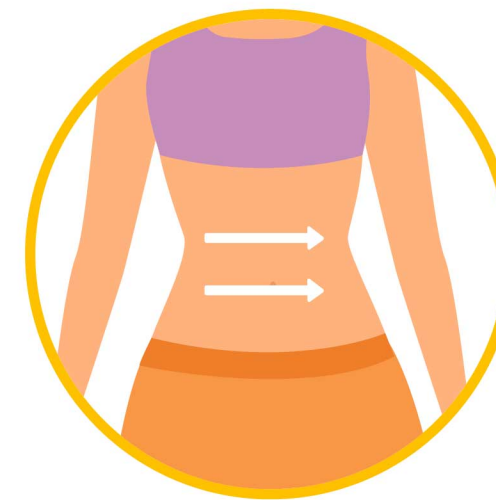
STEP 6

Apply the essential oils evenly and massage clockwise in big circular movement for 30 rounds.



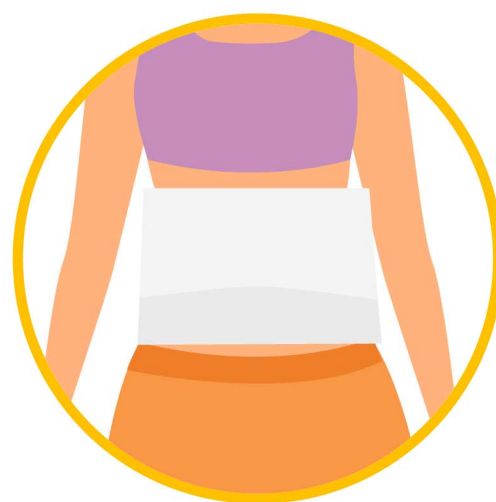
STEP 7

Reverse the massage (anti clockwise) for 30 rounds. Add a few drops of dōTERRA Fractionated Coconut Oil in between if the massage surface dry up.



STEP 8

Finally, rub your tummy from left to right and repeat 30 times.



STEP 9

Warm up your tummy by covering your tummy with clothing.



STEP 10

Rub the bottom of your feet with 1 drop of Zendo essential oil before bedtime.

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