



TerraMix Fiber & Greens | Wholesome Fibers Botanical Complex
Net wt 210g (7g x 30)

Primary Benefits

- + High source of fiber
- + Contains extracts that may provide antioxidant benefits
- + Contains extracts from plants that are rich in phytonutrients

Description

Fad diets are a popular trend and most focus on consuming high amounts of protein and low amounts of carbohydrates. This unbalance can wreak havoc on our fiber intake! The Malaysian Dietary Guidelines recommends 20–30 grams of dietary fiber every day depending on age, weight, and gender. TerraMix Fiber & Greens was created as a convenient and delicious way to add to your fiber & greens intake. One serving of TerraMix Fiber & Greens provides 4.6g high in dietary fiber, 2 mixture of soluble and insoluble fiber, 4 prebiotics blend, 3 supergreen concentrates, 31 green botanical superfood, full spectrum of phytonutrients and MetaPWR Essential Oil Blend.

TerraMix Fiber & Greens is a wholesome fibers botanical complex that take helm of your digestive health. Fiber is a fantastic macronutrient that supports many different health functions within the body.

The importance of a healthy gut microbiome and its relation to the immune system has recently become an area of scientific studies. Research has shown much of your immune system can be found in the GI tract.

The addition of the special prebiotic blend in TerraMix Fiber provides food for microbes in the gut to support a healthy microbiome and immune system. Greens Botanical Blend including 28 types of fruits, veggies, herbs and spices, Blue Spirulina Concentrate, French Alfalfa Concentrate, Wheatgrass and Barley Grass are those powerful antioxidant potential. Besides that, TerraMix Fiber & Greens including 31 types of Superfoods, provide a full spectrum of different colors of plants rich in phytonutrients and enhances metabolism.

Ingredients

Lemon Juice Powder, Inulin, Acacia Gum, French Alfalfa Concentrate, Soluble Corn Fiber, Green Banana Fiber, Pineapple Fiber, Barley Grass Powder, Wheatgrass Powder, Isomaltulose, Anti-caking Agent (Silicon Dioxide), Greens Botanical Powder Blend (Quercetin, Kale Concentrate, White Pepper, Clove Extract, Green Tea Extract, Onion Extract, Acerola Extract, Mint Leaf Extract, Rosemary Extract, Grape Seed Extract, Curry Leaf Extract, Elderberry Concentrate, Mangosteen Concentrate, Blackcurrant Extract, Blueberry Extract, Bilberry Extract, Brussels Sprout Concentrate, Broccoli Sprout Concentrate, Apple Extract, Tomato Concentrate, Broccoli Concentrate, Camu-Camu Concentrate,

Garlic Concentrate, Oregano Concentrate, Carrot Concentrate, Sweet Cherry Concentrate, Raspberry Concentrate, Chokeberry Concentrate, Blackberry Concentrate, L-Ergothioneine), MetaPWR Essential Oil Blend (Grapefruit Peel, Lemon Peel, Peppermint Leaf/Stem, Ginger Root, Cinnamon Bark), Sweetening Substance (Stevia Extract), Flavouring Substance, Acidity Regulator (Citric Acid), Spirulina Concentrate, Grape Extract.

Directions For Use

Take 1-2 sachets daily, mix with 150mL of water. Stir and mix until dissolved.

Cautions

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

Recommended Storage Condition

Store in cool dry condition below 30°C, keep away from direct sunlight.