

# Get Regular, and Curb Hunger

## Formulated for superior Bowel Health

Regulate is an effective blend of natural soluble and insoluble fibers formulated to deal with bowel irregularity and to promote both bowel and overall health for dieters. It is also an effective appetite suppressant. Taken before meals or whenever hungry, Regulate lessens your hunger and curbs cravings.



# REGULATE

## Probiotic and Fiber Supplement

The various soluble fibers and other compounds contained in Regulate have been found beneficial for the following:

- Gallstones. The incidence of gallstones is significantly higher in overweight women and men.
- Elevated cholesterol levels from whatever reasons including genetic predisposition.
- Cardiovascular disease including hypertension and coronary artery disease.
- Constipation – especially recommended in the initial stages of the Metabolic Diet.
- Other bowel problems including hemorrhoids, irritable bowel syndrome, and inflammatory colitis.
- Insulin resistance and diabetes.
- Certain cancers.



[www.metabolicdiet.com](http://www.metabolicdiet.com)

# MD+ Regulate Version III

## Prebiotic, Probiotic and Fiber Supplement



Regulate is a potent blend of natural soluble and insoluble fibers, plus prebiotic and probiotic ingredients.

While useful for anyone looking to improve health and support natural bowel functions, it's especially formulated for those on low carb diets, which tend to be low in fiber. Regulate helps the gastrointestinal tract to acclimatize to the changes in macronutrient intake, improves bowel health and regularity, and provides prebiotic and probiotic health benefits.

<http://www.mdplusstore.com>

Regulate, by delaying gastric emptying and reducing the time to perceived fullness, is also effective as an appetite suppressant. Taken before meals or whenever hungry, Regulate lessens your hunger and curbs cravings.

As well, the various soluble fibers and other compounds contained in Regulate have also been found useful for:

- Maintaining cholesterol levels within normal range.
- Supporting a healthy heart.
- Increasing natural insulin sensitivity.
- Improving Immunity.
- Providing prebiotic and probiotic effects which promote the growth of beneficial bacteria in the bowels.

Dietary fiber intake is less than recommended in North America and in much of the rest of the industrialized world. Usual average intakes the United States is less than 15 g/day. That's because many of the more popular foods that we eat contain little dietary fiber.

While the perception is that the commonly consumed grains, fruits, and vegetables contain lots of fiber, they really only have 1 to 3 g of fiber.<sup>1</sup> As such, increasing dietary fiber by eating whole foods high in fiber and using fiber supplements is something most of us could use.

For those on the Metabolic Diet, especially during the low carb phase, the use of fiber supplements are extremely useful for ongoing weight and fat loss, and for possible bowel irregularity especially at the start of the diet as the body adjusts to the changes in macronutrient intake.

As well, a combination of fibers, by exerting effects on the short-term control of food intake, is effective as an appetite suppressant.<sup>2</sup> Taken before meals or whenever hungry, Regulate lessens your hunger and curbs cravings.

The various soluble fibers, and prebiotic<sup>3</sup> and probiotic<sup>4</sup> compounds contained in Regulate have been found beneficial for promoting health and for dealing with a variety of conditions and problems including:

- Weight Loss.<sup>5,6</sup>
- Constipation – especially recommended in the initial stages of the Metabolic Diet.<sup>7</sup>
- Frequent bowel movements.
- Other bowel problems including hemorrhoids, irritable bowel syndrome, and inflammatory colitis (ulcerative colitis, Crohn's disease, diverticulitis, diverticulosis).<sup>8</sup>
- Gallstones. The incidence of gallstones is significantly higher in overweight women and men. The risk for stone formation is also high if a person loses weight too quickly.<sup>9</sup>
- Elevated cholesterol levels from whatever reasons including genetic predisposition and a higher fat diet. Fiber results in decreases in total and LDL levels without lowering HDL levels.<sup>10</sup>
- Cardiovascular disease including hypertension and coronary artery disease.<sup>11</sup>
- Insulin resistance and diabetes.<sup>12</sup>
- Certain cancers.<sup>13</sup>

Directions: Five to ten capsules two to three times a day at first. Once regulated take five to ten capsules daily for maintenance. To be taken with at least 8 oz of water. Increasing water intake to at least 8 glasses per day is vital for the beneficial effects of Regulate.

To decrease hunger take 5 Regulate capsules with 10 oz or more of water about 1/2 hour before meals and/or anytime when needed.

<b>Supplement Facts:</b> Serving Size: 10 Capsules Servings Per Container: 15		
	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Lactobacillus Acidophilus	30mg	*
Apple Pectin	500mg	*
Carrageenan	1,000mg	*
Cellulose Gum	500mg	*
Inulin (Fructooligosaccharides)	200mg	*
Oat Bran	1,000mg	*
Psyllium (husk)	1,000mg	*
Psyllium (seed)	1,000mg	*
Xanthan Gum	500mg	*
Magnesium (as Magnesium Oxide)	200 mg	50%
<b>Other Ingredients: Gelatin, Magnesium Stearate, Cellulose.</b>		
<b>*Daily Value Not Established</b>		

## References

- <sup>1</sup> Marlett JA, Chaung TF. Database and quick methods of assessing typical dietary fiber intakes using data for 228 commonly consumed foods. *J Am Diet Assoc.* 1997;97:1139-1148,1151.
- <sup>2</sup> Blundell JE, Burley VJ. Satiating, satiety and the action of fibre on food intake. *Int J Obes.* 1987;11 Suppl 1:9-25..
- <sup>3</sup> Swennen K, Courtin CM, Delcour JA. Non-digestible oligosaccharides with prebiotic properties. *Crit Rev Food Sci Nutr.* 2006;46(6):459-71.
- <sup>4</sup> Santosa S, Farnworth E, Jones PJ. Probiotics and their potential health claims. *Nutr Rev.* 2006 Jun;64(6):265-74.
- <sup>5</sup> Howarth NC, Saltzman E, Roberts SB. Dietary fiber and weight regulation. *Nutr Rev.* 2001 May;59(5):129-39..
- <sup>6</sup> Slavin JL. Dietary fiber and body weight. *Nutrition.* 2005 Mar;21(3):411-8.
- <sup>7</sup> Cummings JH. The effect of dietary fiber on fecal weight and composition. In: Spiller GA, ed. *CRC Handbook of Dietary Fiber in Human Nutrition.* 2nd ed. Boca Raton, FL: CRC Press; 1993:263-349.
- <sup>8</sup> Bennett WG, Cerda JJ. Benefits of dietary fiber. Myth or medicine? *Postgrad Med.* 1996 Feb;99(2):153-6, 166-8, 171-2 passim.
- <sup>9</sup> Moran S, Uribe M, Prado ME, de la Mora G, Munoz RM, Perez MF, Milke P, Blancas JM, Dehesa M. Effects of fiber administration in the prevention of gallstones in obese patients on a reducing diet. A clinical trial. *Rev Gastroenterol Mex.* 1997 Oct-Dec;62(4):266-72.
- <sup>10</sup> Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults, 2001. Executive Summary of the Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). *JAMA.* 285:2486-2497.
- <sup>11</sup> US Food and Drug Administration. Health Claims: Soluble fiber from certain foods and risk of heart diseases. Code of Federal Regulations. 2001;21:101.81.
- <sup>12</sup> Jenkins DJA, Jenkins AL, Wolever TMS, Vuksan V, Rae AV, Thompson LU, Jesse RG. Dietary fiber, carbohydrate metabolism and diabetes. In: Kritchevsky D, Bonfield C. eds. *Dietary Fiber in Health and Disease.* St. Paul, MN: Egan Press; 1995:137-145.
- <sup>13</sup> Howe GR, Benito E, Castelleto R, Cornea J, Esteve J, Gallagher RP, Iscovich JM, Deng-ao J, Kaaks R, Kune GA. Dietary intake of fiber and decreased risk of cancers of the colon and rectum: Evidence from the combined analysis of 13 case-control studies. *J Natl Cancer Inst.* 1992;84:1887-1896.