

SUPER SEED® BEYOND FIBER WITH FLAX SEED



- Excellent source of dietary fiber
- A whole food blend of seeds, sprouted grains, and legumes containing both soluble and insoluble fiber
- Contains ingredients specifically chosen for their ability to support normal gut flora balance, regular bowel function, and overall health†
- Dietary fiber in Super Seed® supports normal cardiovascular health†
- Super Seed® provides naturally occurring Omega-3 fatty acids
- Good source of protein from beans and legumes
- Super Seed® does not contain any added sugars or artificial ingredients such as sweeteners, colorings or flavorings, unlike many popular mass market fiber supplements
- Two servings of Super Seed® provide over 50% of the Daily Value for fiber
- Select ingredients in Super Seed® are fermented using Garden of Life's proprietary Poten-Zyme® process to make nutrients more available to the body
- Most of the fiber in Super Seed® is soluble. Each serving provides over 5g of soluble fiber from whole food ingredients
- Gluten Free, Vegetarian
- Super Seed® is a powerful whole food formula that is an excellent source of dietary fiber. The ingredients in Super Seed® were specifically chosen for their exceptional ability to support and maintain optimal bowel health and function.†

Supplement Facts

Serving Size 1 Scoop (about 20g) Servings Per Container 10

	Amount per Serving	% Daily Value
Total Calories	80	
Calories from Fat	20	
Total Fat	2.5g	4%*
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	8g	4%*
Dietary Fiber	7g	28%*
Soluble Fiber	5g	
Insoluble Fiber	2g	
Sugars	<1g	+
Protein	7g	13%*
Vitamin C	2.5mg	4%
Calcium	67mg	7%
Iron	1.7mg	9%
Omega 3 Fatty Acids (Alpha Linolenic acid)	1.1g	+

Perfect Fiber Blend	18,360mg	+
Organic Flax Seed Meal, Whole Chia Seed		
Poten-Zyme® Whole Food Fiber Blend	1500mg	+
Organic Amaranth Sprout, Organic Quinoa Sprout, Organic Millet Sprout, Organic Buckwheat Sprout, Garbanzo Bean Sprout, Kidney Bean Sprout, Lentil Sprout, Adzuki Sprout, Flax Sprout, Sunflower Sprout, Pumpkin Sprout, Chia Sprout, Sesame Sprout		
Organic Cinnamon	124mg	+
Stevia	16mg	+
Proprietary Probiotic Blend	2mg	+
<i>Lactobacillus plantarum, Bifidobacterium lactis, Bifidobacterium bifidum, Lactobacillus rhamnosus, Bifidobacterium breve, Lactobacillus casei, Lactobacillus salivarius, Lactobacillus acidophilus</i>		

* Percent Daily Values Based on 2,000 calorie diet + Daily Value not established

Probiotics cultured in dairy which is generally consumed during the fermentation process.

What is dietary fiber?

Fiber is a complex carbohydrate which is found in plants. The body does not digest fiber; instead the fiber component of food passes through the digestive system. There are two types of fiber - soluble and insoluble fiber. Much like it sounds, soluble fiber is fiber that dissolves in water and insoluble fiber is fiber that does not. The best way to get fiber is through a whole food diet of fruits, vegetables, grains, seeds and legumes.

The role fiber plays in a healthy diet became apparent at the turn of the century. Diets previously high in dietary fiber were altered to include the new "wonder foods," refined sugar and milled flour. The increased use of these foods, which were devoid of dietary fiber, led to a theory that connected a lack of fiber and the overall state of health.

Super Seed® was formulated to include naturally occurring soluble and insoluble fiber from carefully selected grains, seeds and legumes that are easy on the gastrointestinal system. Super Seed does NOT include psyllium husk, which provides no nutritional value.

How does Super Seed® support normal gut flora balance?

Super Seed® contains fiber components that act as prebiotics to support normal gut flora balance.†

Fiber Products	Super Seed®	Psyllium Husk
Contains multiple sources Soluble and Insoluble Fiber	Yes	No
Contains Fermented Whole Foods	Yes	No
Gentle on the digestive system	Yes	No
Adds nutritional value	Yes	No
Contains multiple fiber components that act as a prebiotic	Yes	No

Why is dietary fiber important?

Vibrant health begins in the colon, and supplying your body with adequate dietary fiber every day is essential to colon function and overall health.

What makes Super Seed® better than other fiber supplements?

Many other fiber supplements rely on insoluble fiber alone and provide very little in the way of nutrition. Super Seed® contains both naturally occurring soluble and insoluble fiber from carefully selected grains, seeds and legumes that are easy on the gastrointestinal system. Additionally, Super Seed® contains no psyllium.

Suggested Use:

Mix 1 scoop with any food or beverage (room temperature or cooler) and consume immediately. Super Seed is a powder blend that can be mixed in smoothies, vegetable or fruit juices, cereal, yogurt or soup. In fact, Super Seed® can add nutritional value and fiber to nearly any food or beverage.