

8 GREAT FIBERS FOR DIGESTIVE HEALTH

1 Psyllium Husk

Psyllium husk is the fibrous outer shell of the psyllium plant seed. The husk is high in mucilage, a clear colorless gel that bonds with and absorbs water. This helps keep bowel movements soft and easy to pass, which helps prevent constipation.

2 Slippery Elm

The inner bark of the Slippery Elm tree is made of durable fibers used for many purposes. It's good for the digestive system because of its high levels of mucilage and its ability to gently sweep debris out of the intestines.

3 Cellulose

Cellulose is a fibrous organic compound found in many things, particularly green plants and algae. This abundant compound acts as a bulking agent for bowel movements, giving feces a texture that holds together and is easy (but not too easy!) to pass.

4 Rice Bran

Rice bran is the hard layer between the inner rice grain and the outer hull. In addition to containing various helpful antioxidants, rice bran contains a high amount of several types of fibers that can get into those nooks and crannies and keep things clean.

5 Fructooligosaccharides (FOS)

FOS are a form of oligosaccharides (a carbohydrate made of simple sugars) that act as a soluble fiber. In addition to being an effective fiber, FOS also has known prebiotic benefits and can help with absorption of certain minerals.

6 Fenugreek Seed

In addition to its high fibrous qualities, fenugreek seed has also shown to help with the breakdown and processing of insulin in the digestive system.

7 Oat Bran

Like rice bran, oat bran is the hard layer sandwiched between the grain and husk. Oat bran is beneficial to the digestive system because of its high concentration of fiber, particularly beta-glucan.

8 Hemicellulose

Hemicellulose, like cellulose, is a polysaccharide, but is made of shorter glucose chains. Hemicellulose is especially helpful for its prebiotic properties, meaning it can help the feeding and growth of helpful bacteria in the gut.


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