



ACTUAL PHOTO REFERENCE  
OF OUR INGREDIENT  
FENUGREEK SEED

# FenuLife<sup>®</sup>



## Harness the benefits of a unique soluble fiber

### DESCRIPTION

FenuLife<sup>®</sup> is a unique source of galactomannan fiber produced from *Trigonella foenum-graecum*, a non-GMO proprietary variety of fenugreek. Fenugreek is a clover-like herb and its seeds have a characteristic smell and taste like maple syrup. The seeds used for FenuLife<sup>®</sup> have been naturally selected to have little characteristic odor.

Fenugreek has been widely used for various medicinal applications for thousands of years and more recently its wider benefits have been researched in greater depth.

Product category |  
**METABOLIC, DIGESTIVE**



### PRODUCT ATTRIBUTES

- Highly concentrated fenugreek galactomannan, standardized on 85% total fiber
- Patented natural and safe solution to support digestive health
- Highly resistant to enzymatic degradation
- Sustainable water binding capability throughout the digestive tract
- Low in calories

## NATURAL SUPPORT FOR HEALTH

- ✓ Slows gastric emptying
- ✓ Helps reduce glycaemic index of other foods
- ✓ Supports increased levels of satiety
- ✓ Patented use as a natural solution to support occasional heartburn
- ✓ Fermentable soluble fiber to support the intestinal microbiota as a prebiotic

## SCIENCE

A clinical study demonstrated FenuLife® supports digestive health in individuals who experience infrequent stomach acid reflux. FenuLife® had positive beneficial effects on heartburn symptoms as compared to a placebo, and had similar effects to a positive control. Previous clinical studies support the use of FenuLife® for healthy weight management. FenuLife®'s benefits are likely a result of increased satiety and positive effects on the glycemic index (how quickly foods that are eaten affect blood sugar levels).

- 1 Effect on blood glucose in type-II diabetes 2002, data on file at IFF
- 2 Effect on glycemic responses 2002, data on file at IFF
- 3 Mathern et al., *Phytotherapy Research*, 2009
- 4 DiSilvestro et al., *Phytotherapy Research*, 2011

## PRODUCT INFORMATION

<b>Standardized on</b>	Total dietary fiber > 85%
<b>Type of extract</b>	Powder
<b>Recommended dosage</b>	2-4 g/day (acid reflux) 2-4 g/day (blood glucose) 4-8 g/day (weight management)