



How does this fiber supplement compare to others?

Easy Fiber is less bulky than other fiber supplements because it's formulated with glucomannan, a soluble dietary fiber derived from konjac root. And unlike other fiber supplements, the lightly orange-flavored powdered fiber mix is sugar-free, vegetarian, gluten-free and has no artificial flavors or sweeteners.

Are there any major allergens in this product?

Easy Fiber does not contain any of the 9 major allergens required on the label under the Food Allergy Safety, Treatment, Education, and Research (or FASTER) Act of 2021. This means it is free of milk, eggs, fish, Crustacean shellfish, tree nuts, peanuts, wheat, sesame, and soybeans.

Product Details

"Get more fiber." It's age-old advice, but most Americans don't consume enough fiber in their diets.¹ And that's too bad, because it's important to get enough fiber for a variety of reasons: digestive health, regularity, satiety, and heart health, just to name a few.

Adjustable dose, multiple benefits

Many fiber supplements are made with psyllium husk. But this form of fiber tends to be bulkier and requires a larger daily dose to achieve the same benefits as our Easy Fiber! Easy Fiber is made from konjac root (*Amorphophallus konjac*), a form of fiber often used in Asian cuisine.

Konjac delivers the same benefits (including regularity, satiety, heart and gut health) as other fibers, but at a lower dose.²

Regularity, satiety and digestive health

Easy Fiber helps promote regularity and supports your digestive health partially through its role as a prebiotic. In fact, healthy regularity and a prebiotic effect were observed in clinical trials that provided supplemental glucomannan fiber to adults on a low-fiber diet.^{3,4}

Another reason people take fiber is to promote satiety—the feeling of being satisfied after eating. Why? Because, simply put, if you’re not hungry, you’ll eat less. Glucomannan fiber from konjac root excels at promoting satiety.^{2,5}

Already-Healthy Cholesterol & Blood Sugar Levels

Glucomannan fiber isn’t just for regularity and gut health either. This soluble fiber is known for its heart health benefits, too! In a meta-analysis of 12 randomized controlled trials, consumption of two or more grams of glucomannan fiber daily for three to 12 weeks helped to maintain already-healthy LDL and HDL cholesterol levels.⁶



In a group of 25 healthy middle-aged men, adding glucomannan to rice before eating it helped maintain healthy blood sugar levels, compared to simply eating rice by itself. Furthermore, when study participants increased the amount of glucomannan ingested it produced even better results.⁷

More good news: this lightly orange-flavored fiber powder is also vegetarian, gluten free, sugar free and contains no artificial flavors, colors, or sweeteners (unlike competitors like Metamucil®*).

Supplement Facts

Serving Size 1 Level Scoop (Approx. 1.855 g)
Servings Per Container About 90

Amount Per Serving		% Daily Value
Total Carbohydrate	1 g	<1%†
Dietary Fiber	1 g	4%†
Total Sugars	0 g	
Includes 0 g Added Sugars		
Vitamin E (as d-alpha tocopherol)	0.8 mg	5%
Vitamin C (as sodium ascorbate)	4 mg	4%
Glucomannan [from umbrella arum (<i>Amorphophallus konjac</i>)] (root)	1000 mg	**

**Daily Value not established.
†Daily Value is based on a 2,000 calorie diet.

Other ingredients: citric acid, maltodextrin, gum acacia, stevia extract, refined coconut oil, natural orange flavors, beta carotene.

Manufactured for:
Quality Supplements
and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com
To report a serious adverse
event or obtain product
information, contact
1-866-280-2852.

• Approximate Product Fill Line
Vegetarian
Store tightly closed in a cool
dry place.
Density may vary from lot to lot.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, mitigate, treat, or prevent any disease.