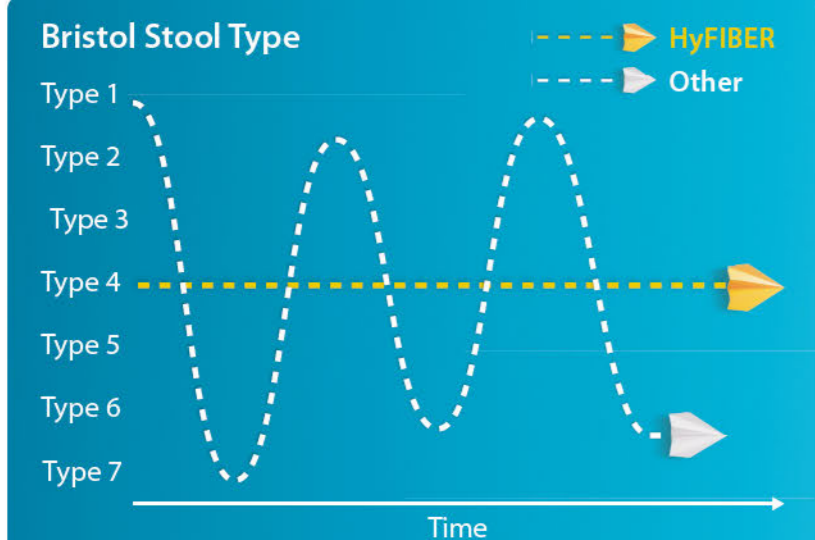


# ABOUT HYFIBER

## Benefits of HyFIBER vs. other approaches

- Diet & lifestyle changes (including increased dietary fibre) are recommended for first line management of constipation<sup>1,2</sup>
- HyFIBER is well tolerated and the ingredients used have been shown to improve stool frequency and consistency<sup>3,4</sup>
- The ingredients used have prebiotic properties, which may result in beneficial changes in gut microbiota<sup>5,6</sup>



“ I've had patients take HyFIBER orally, it completely improved their bowel symptoms, and allowed them to come off laxatives!   
Dietitian, Lincolnshire

## Product Composition

Composition	Amount per serving (30ml)	Amount per 100ml
Calories	36 kcal 145 kJ	119 kcal 484 kJ
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrates	3.1 g	10.4 g
of which sugars	3.1 g	10.4 g
Fibre	12g	39 g
Protein	0 g	0 g
<b>Minerals</b>		
Salt	0.01 g	0.02 g
Sodium	2.77 mg (0.12 mmol)	9.22 mg (0.4 mmol)
Potassium	6.13 mg (0.16 mmol)	20.44 mg (0.52 mmol)
Phosphorus	0 mg	0 mg
Calcium	0 mg	0 mg

Osmolality = 330 mOsm/kg water

## Ingredients

Water, Polydextrose, Fructooligosaccharides (FOS), Glycerin, Citric Acid, Potassium Sorbate.

**FREE  
SAMPLE  
SERVICE**

Request a **FREE** sample pack, visit [www.nutrinovo.com](http://www.nutrinovo.com)  
email [info@nutrinovo.com](mailto:info@nutrinovo.com) or call 01249 691301

- Sample packs can be delivered direct to you or direct to your patient in the community.
- The majority of sample packs are despatched within 24 hours and we aim to despatch 100% within 48 hours, meaning you or your patients are able to try any Nutrinovo product when you need it most.
- HyFIBER sample pack typically contains 1 week's supply of product.

For all clinical references in this leaflet please visit [nutrinovo.com/key-product/hyfiber/](http://nutrinovo.com/key-product/hyfiber/)  
This information is intended for healthcare professionals only.

\*Not recommended for children under 3 years of age. Dosage is dependent on the age and medical condition of the patient.



# THINK **DIFFERENTLY** ABOUT BOWEL TRANSIT

HyFIBER can be used to manage bowel transit disorders effectively without the ups and downs often associated with other approaches.



**nutrinovo**  
simply innovative nutrition

Nutrinovo Limited | +44 (0)1249 691301  
[www.nutrinovo.com](http://www.nutrinovo.com) @Nutrinovo

**nutrinovo**  
simply innovative nutrition

# THINK DIFFERENTLY... ABOUT BOWEL TRANSIT



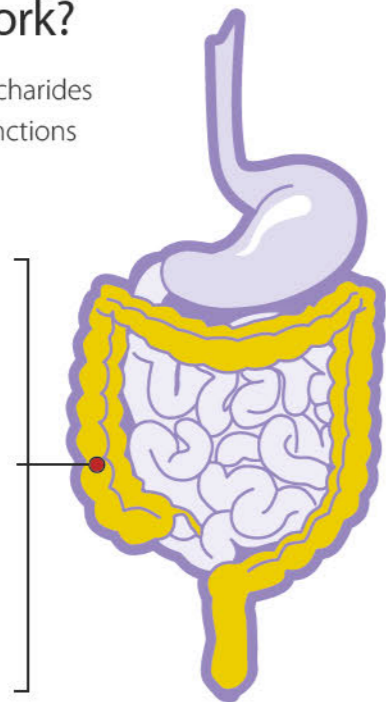
HyFIBER is a water-thin, liquid fibre supplement that can be used to manage bowel transit disorders effectively without the ups and downs often associated with other approaches.

Containing a unique blend of polydextrose and fructo-oligosaccharides, HyFIBER is suitable for both adult and paediatric\* patients and has been found to be particularly effective in managing a host of bowel transit disorders, including constipation.

## How does HyFIBER work?

The polydextrose and fructo-oligosaccharides in HyFIBER enable three important functions to occur in the bowel:

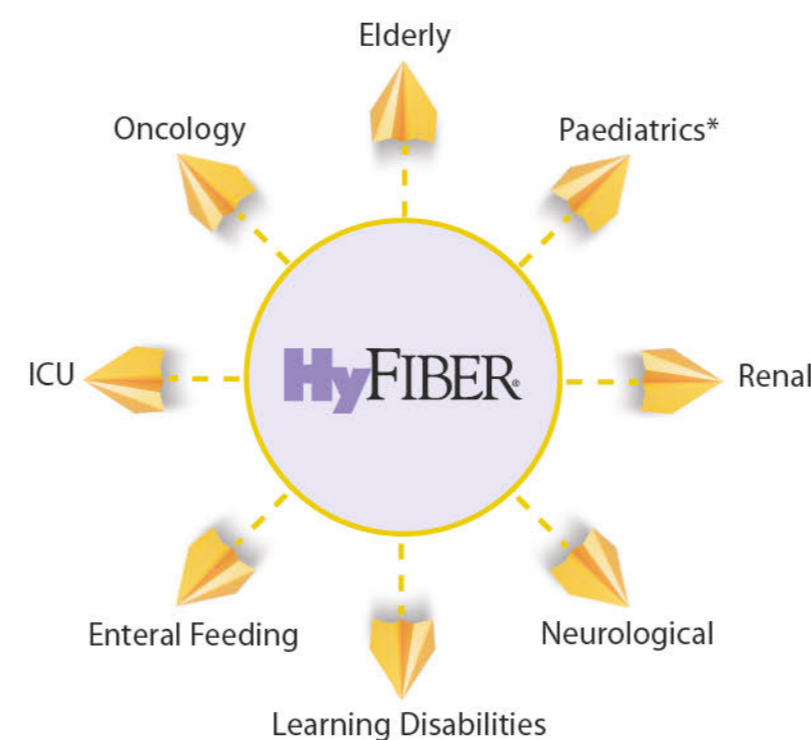
- Absorption of water to soften and bulk the stool
- Promotes the growth of gut bacteria and stimulates the production of short-chain fatty acids
- Improves stool frequency and consistency



“ I have amazing feedback on HyFIBER, not only in the acute setting, but also with my patients with functional bowel problems like IBS-C.   
Dietitian, North London

## Where is HyFIBER frequently used?

- ✓ **Constipation**  
1 in 7 adults and up to 1 in 3 children in the UK, at any one time<sup>7</sup>
- ✓ **Chronic constipation**  
Up to 14% of the population<sup>8</sup>
- ✓ **IBS**  
10-20% of the general population<sup>9</sup>
- ✓ **Diverticulosis**  
Occurs in 5-10% of people aged over 45 years<sup>10</sup>



## How to use HyFIBER to manage a bowel transit disorder:

HyFIBER is a mild citrus flavoured liquid supplement that can be taken neat, mixed with foods and drinks, or used alongside oral nutrition supplements, or enteral tube feeds.

### Mixing with foods & drinks

HyFIBER mixes easily into hot and cold foods or drinks, without adversely affecting taste.

### Taking alongside Oral Nutrition Supplements

HyFIBER mixes easily into, or can be used alongside commonly used oral nutrition supplements.

### Using alongside Enteral Tube Feeding

HyFIBER can be used alongside an enteral feed. Simply flush the feeding tube with 30ml of water before infusing HyFIBER via the enteral feeding tube using an enteral syringe. Once infused, flush again & continue enteral tube feeding as prescribed.



For more information about using HyFIBER and to view guidelines, visit: [nutrinovo.com](http://nutrinovo.com)



Scan here to view HyFIBER Summary of Supporting Evidence