

# Meet Lance.™

He was just diagnosed with diabetes...



People with diabetes are at higher risk of serious health complications.<sup>1</sup>

Lance learned that daily intake of fiber is important for overall digestive health and may have a positive effect on blood glucose levels.

Sugar free fiber supplements, ideal for people with diabetes, help make getting daily recommended amounts easier.



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## The Importance of Fiber

There are two types of fiber, soluble or insoluble. Soluble fiber dissolves in water and helps slow down the digestive process. This helps the body absorb nutrients in certain foods.

Insoluble fiber does not dissolve in water. This type of fiber passes through the system with little absorption and adds bulk to bowel movements.

### Types of Fiber



Helps slow  
digestive process

&



Adds bulk to  
bowel movements

## How Fiber Helps Blood Glucose Levels And Stability



Soluble fiber delays the emptying of the stomach, slowing the entry of glucose into the bloodstream after eating. <sup>2</sup>

Foods with fiber typically do not cause blood glucose to rise as high as foods without fiber. A quick rise in blood glucose can cause the body to release more insulin. <sup>3</sup>

The cholesterol-lowering effect of soluble fiber may also help reduce the risk of heart disease. <sup>2</sup>

Sometimes getting enough fiber can be a challenge. Lance takes sugar free, chewable tablets to help get the recommended daily amount of 38g for men each day (20g for women).<sup>4</sup>

2. <http://www.webmd.com/diet/insoluble-soluble-fiber>

3. [http://www.joslin.org/info/how\\_does\\_fiber\\_affect\\_blood\\_glucose\\_levels.html](http://www.joslin.org/info/how_does_fiber_affect_blood_glucose_levels.html)

4. Slavin, L, J. (2008). Position of the American Dietetic Association: Health Implications of Dietary Fiber. Journal of the AMERICAN DIETETIC ASSOCIATION, 108(10), 1716-1731. doi:10.1016/j.jada.2008.08.007