Cellulose Powder 250 grams
72170

Buy

Cellulose is an excellent source of insoluble fiber. Unlike soluble fiber, insoluble fiber does not feed bacteria well and is not readily fermented into short chain fatty acids. It has no effect on cholesterol levels and inactivates many intestinal toxins. High intake of insoluble fiber is associated with a decreased risk of unfavorable conditions of the colon, as well as inhibiting unfriendly microorganisms from attaching themselves to the walls of the GI tract.*

Each teaspoon contains:	
Calories	10
Total Carbohydrates	2 g
Dietary Fiber	2 g
Cellulose	2 g

Suggested Use:
As a dietary supplement, 1 teaspoon mixed with water, taken two to three times daily before meals, or as directed by a healthcare practitioner. Sensitive individuals may want to start with less.