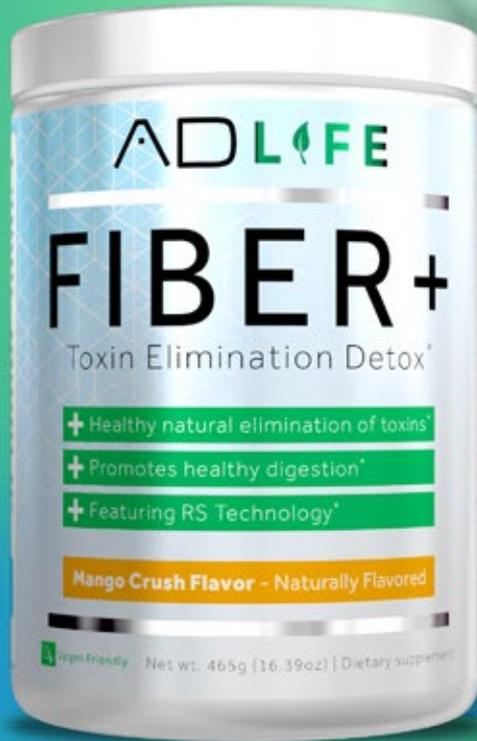


FIBER+

ADLIFE



Vegan Friendly

- | **A high-quality source of fiber synergistically combined with 12 strains of powerful probiotics for maximum gut health and digestibility.**
- | **Strengthens your immune system, stabilises blood sugar levels and improves nutrient utilisation.**
- | **Vegan-friendly formula**

Do Detox Right...

We aren't the first brand to say this. Everyone knows that in order to maximise your physique and performance potential, nutrient assimilation needs to be one of your top priorities.

It doesn't sound as exciting as "The Pump", "Anabolism" or "Fat Loss", but if you value those things, you better take the concept of gut health damn serious.

www.projectad.me

Allow us to elaborate.

When you eat food it has to pass through your digestive tract. Unfortunately, with an influx of chemicals now swarming common food choices and a distinct lack of fiber in the modern athlete's diet, absorption is down.

Your immune system is weaker than ever. Bad cholesterol is up. Your gut health in tatters. And all that protein you're consuming to increase muscle mass and recovery? Pointless.

You're not going to optimize body composition with a lackluster attitude to your digestive system. So we need a solution.

Enter Fiber+.

A comprehensive source of soluble and insoluble fiber can be found in our innovative RUMINANT™ Fiber Blend. Comprised of high-quality, natural sources of fiber including Psyllium Husk Powder, Fibersol 2 & Green Banana Powder, Fiber+ allows you to normalise bowel movements, lower blood pressure, improve the balance of "good to bad" cholesterol, and stabilise blood sugar levels.

Essential for all athletes, yes, but not where we're stopping at Project AD.

While we'd consider this a staple for all athletes, we decided to create a more far-reaching, innovative formula.

In addition to being a vegan-friendly formula, we also asked ourselves, "What's the biggest co-factor that affects absorption rates and stomach health other than a lack of distinct fiber in the diet?".

The answer was obvious: fortify the gut and allow it to fight off harmful bacteria and toxins.

Our 700mg ProBio-Gest Blend is a rock-solid formula of 12 strains of probiotics that improve gut flora, strengthen the immune system, and compliment the welcome addition of fiber to your diet.

Put both of these blends together, and the synergy becomes a thing of beauty for the modern athlete's health.

Enhanced nutrient absorption? Check.

Training more consistently due to an enhanced immune system? You bet.

Lowered blood sugar levels, bad cholesterol, and more stable bowel movements? Absolutely.

Build your house on strong foundations, and the rest of the work will stick together like the strongest cement imaginable.

Make Fiber+ a staple in your supplement arsenal and build a physique and performance that's rock-solid from head to toe.

SUPPLEMENT FACTS

465 gms per Container

Servings per Container: Thirty (30)

Servings Size: One (1) level Scoop (15.5 gms)

Amount per Serving		%DV*
Calories	35	
Total Carbohydrates	11 g	4%
Total Fiber	10 g	**
Soluble Fiber	8.25 g	**
Insoluble Fiber	1.75 g	**
Sugars	0 g	**
RUMINANT™ Fiber Blend	12.9 g	**
Psyllium husk, Fibersol2, Green Banana powder, Apple pectin		
ProBio-Gest Blend (Derived from plants & humans)	700 mg	**
FOS (fructooligosaccharides) (from Chicory), Lactobacillus acidophilus, Bifidobacterium longum		

Other ingredients: Citric Acid, Natural Flavouring, Silica, Sucralose.

*Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value has not been established.