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.

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.

ALLOW US TO ELABORATE.

A comprehensive blend of soluble and insoluble fiber alongside a 12-strain blend of probiotics to enhance gut flora, strengthen the immune system, lower bad cholesterol, stabilise blood sugars and enhance overall nutrient absorption.

Fiber+’s RUMINANT™ Fiber Blend delivers 10grams of dietary fiber per serving from natural sources to positively increase bowel movements and provide a much-needed source of fiber in an athlete’s diet.

The 12 strain of probiotics in the ProBio-Gest Blend further enhance gut health by promoting the inclusion of positive bacteria and overall strength of the immune system.

DO DETOX RIGHT

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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 & Apple Fiber 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. We asked ourselves, “What’s the biggest co-factor that affects absorption rates and stomach health other than a lack of distinct lack of 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.
Synergy is a beautiful thing, and that’s what we’ve achieved with Fiber+. This innovative formula not only provides a much-needed dose of fiber to the hard training athlete’s diet, it also fortifies gut health with a 12 strain blend of probiotics. It’s what I typically regard as a “staple” in an athlete’s diet, but they’re two factors that are grossly overlooked as we constantly seek more exotic products to increase muscle mass/fat loss and enhance performance. My advice is simple: build your house on strong foundations first, and the rest will fall into place naturally. Fiber+ absolutely needs to be a rock-solid inclusion in your supplement arsenal to allow nutrients and other products to maximise your potential.

### SUPPLEMENT FACTS

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>45</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>11 g</td>
</tr>
<tr>
<td>Soluble Fiber</td>
<td>9 g</td>
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<tr>
<td>Insoluble Fiber</td>
<td>1 g</td>
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<tr>
<td>Sugars</td>
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**RUMINANT™ Fiber Blend**

Psyllium Husk Powder, Fibersol 2, Apple Fiber Powder

**ProBio-Gest Blend**

FOS (fructooligosaccharides) (from Chicory), 12 Strain Probiotic Blend (containing Lactobacillus plantarum, Lactobacillus rhamnosus, Bifidobacterium infantis, Bifidobacterium longum, Enterococcus faecium, Lactobacillus acidophilus, Lactobacillus casei subsp. Casei, Lactobacillus helveticus, Lactobacillus salivarius, Pediococcus acidilactici, Streptococcus thermophiles).

**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.

www.projectad.me