

# Chitosan Fibre Complex

Herbalife

The typical western diet nowadays tends to be high in fat and low in fibre. Scientific and nutritional experts recommend an increased consumption of dietary fibre and a lower intake of fat and calories may help maintain good health.

Looking for guidance, tips or healthy recipes?

Talk to your Herbalife Independent Member

Chitosan

Cholesterol Health

Fibre



## What are the key ingredients?

Chitosan and Fenugreek

## How does it benefit you?

- Helps support healthy cholesterol.
- Chitosan Fibre Complex provides 1.9g of dietary fibre per day when consumed as directed.
- Each capsule contains 330mg Poliglusam (Chitosan) and 110mg Trigonella Foenum – graecum (Fenugreek) powder.

## How do I take it?

5 capsules per day taken over 3 meals.  
Drink plenty of water.

## Who is it suitable for?

- Those whose diet may be lacking fibre.
- Those who want to maintain healthy cholesterol health.

## You might also want to try

Formula 1 Nutritional Shake Mix, Herbal Aloe Concentrate, Personalised Protein Powder, Instant Herbal Beverage and Active Fibre Complex.

Always read the label – use only as directed.  
Chitosan is derived from Seafood.

To learn more, visit [Herbalife.com.au](https://www.Herbalife.com.au)

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