

Fiber Supplements

Type of Fiber	Details	Effects	Brand Names
Psyllium	<ul style="list-style-type: none"> • Plant fiber • Breaks down in the gut and becomes a food source for the "good bacteria" 	<ul style="list-style-type: none"> • Bulks stool • May also lower cholesterol levels by 10 to 15% 	<ul style="list-style-type: none"> • Metamucil • Fiberall • Hydrocil • Konsyl • Perdiem • Serutan
Methylcellulose	<ul style="list-style-type: none"> • Created from plants • Not absorbed by the intestinal tract • Absorbs water 	<ul style="list-style-type: none"> • Creates a softer stool • Less likely to cause gas 	<ul style="list-style-type: none"> • Citrucel
Calcium Polycarbophil	<ul style="list-style-type: none"> • Synthetic ingredients • Not absorbed by the intestinal tract • Absorbs water 	<ul style="list-style-type: none"> • Creates a bulkier and softer stool • Less likely to cause bloating 	<ul style="list-style-type: none"> • Fibercon • Fiber-Lax • Equalactin • Mitrolan
Partially Hydrolyzed Guar Gum (PHGG)	<ul style="list-style-type: none"> • Seed of the cluster bean 	<ul style="list-style-type: none"> • Increases production of beneficial bacteria in gut • Reduces diarrhea 	<ul style="list-style-type: none"> • Benefiber (chewables with calcium)
Wheat Dextrin	<ul style="list-style-type: none"> • Byproduct after gluten is extracted from wheat 	<ul style="list-style-type: none"> • Reduces cholesterol • Improves immune system function • Improves vitamin and mineral absorption 	<ul style="list-style-type: none"> • Benefiber (powder and caplets)
Acacia Fiber	<ul style="list-style-type: none"> • From the gum of the acacia tree • Marketed as a 'prebiotic', which means that it increases good gut flora 	<ul style="list-style-type: none"> • Slows down colonic fermentation, which decreases gas and bloating • Contains no gluten, sugar, salt, corn, soy, or yeast 	<ul style="list-style-type: none"> • Tummy Fiber (produced by Heather Van Vorous)