

Men require 40 grams of fiber and women require 30 grams of fiber daily to assist in keeping our mucous lining of our intestines healthy. When we do not get enough the lining becomes permeable which allows food, toxins and microorganisms to get into our blood stream and begin the auto immune attacks against our body.

Who do you know with autoimmune disorders?

Support your digestion and help the body from spreading inflammation into the brain, lungs, kidneys, etc.!

