



# REGULAR Girl®

## Frequently Asked Questions

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### What is Regular Girl?

Regular Girl is a synbiotic blend of clinically proven prebiotic fiber and probiotics that helps maintain a healthy digestive balance.\* Regular Girl uses the award-winning Sunfiber® brand of soluble dietary fiber and the clinically proven *Bifidobacterium lactis*. Formulated for women by a woman nutritionist and dietitian, Regular Girl is available in convenient on-the-go stick packs as well as a 30-day supply of scoopable powder.

### What is Sunfiber?

Regular Girl contains 5 grams of prebiotic fiber (Sunfiber®). It is an all-natural, truly regulating soluble dietary fiber derived from the guar bean that has an optimal gut transit time.\* Sunfiber was awarded Grade A Fiber Consensus Recommendation and a Level 1 Evidence Recommendation (Clinical Nutrition Supplements). In addition to Sunfiber's numerous benefits, it acts as the perfect food source for the probiotics in Regular Girl, increasing the helpful bacteria and decreasing the harmful bacteria already within our system.\*

### What is the Probiotic used in Regular Girl?

Regular Girl contains 8 billion CFU of *Bifidobacterium lactis* (also referred to as *B. lactis*) at the time of manufacture. It works in harmony with our prebiotic Sunfiber, and is extremely resistant to the pH and bile conditions within the gut. Probiotics are not only important for our digestive system, but also for our immune health, our mood and other bodily functions. *B. lactis* has a long history of safe use and has been clinically shown to improve immune functions and protect against inflammation.\*

### When should I take Regular Girl?

Regular Girl may be taken at any time of the day, but it is often recommended to take Regular Girl first thing in the morning to get your digestive system on track for a comfortable and healthy day. Take it with your morning cereal, yogurt or smoothie, or add it to your water bottle to bring with you on the go.

### Is Regular Girl Safe?

Regular Girl contains 6 grams of Sunfiber and 8B CFU of *B. lactis*. Sunfiber has GRAS affirmation with the U.S. FDA, having no adverse affect at levels over 60 grams per day, and is approved as a fiber source by Health Canada and other countries.

### Is Regular Girl a Natural Product?

Regular Girl is 100% all natural. It contains Sunfiber (a plant-based fiber) and *B. lactis*. No preservatives, additives or anything else. Regular Girl is certified Kosher, vegetarian, Non-GMO Project Verified and 100% gluten free.

### What is the caloric value of Regular Girl?

Each serving of Regular Girl contains just 10 calories.

### What are the key benefits of Regular Girl?

- Regular Girl is an excellent source of fiber, delivering 5 grams of soluble fiber per serving.
- Regular Girl delivers true regularity without excess gas or bloating.\*
- The fiber within Regular Girl has been shown to improve the growth of helpful bacteria and decrease harmful bacteria.\*
- Regular Girl not only helps with occasional constipation, but uniquely helps with diarrhea as well, returning stool content to a normal healthy state. Unlike other prebiotic fibers, Regular Girl will not lead to a state of diarrhea with frequent consumption.\*
- Regular Girl has a healthy satiety effect, slowing gastric transit time and increasing satiation hormones, resulting in a comfortably full and satiated feeling.\*
- Regular Girl improves absorption of minerals, including Ca, Fe, Zn. Other fibers often decrease absorption rates.
- Regular Girl is all natural and 100% gluten free (many so-called gluten-free fibers contain levels up to 20 ppm).
- Regular Girl contains no dairy, soy, sugar, salt, wheat, eggs, artificial flavors or other potential allergens.
- Regular Girl has no taste, odor or grit. Mix it with your favorite beverage or add it to smoothies, cereals and more.

### How should Regular Girl be kept?

Regular Girl contains highly shelf-stable probiotics. However, as with all probiotics they should be kept in a cool, dry place. Keep it away from excess light, heat and moisture. It may be refrigerated if desired.