



# REGULAR Girl®

## Frequently Asked Questions

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### What is Regular Girl Prebiotic Fiber & Probiotic Blend?

A synbiotic blend of clinically proven prebiotic fiber and probiotics that help 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 (7, 15 and 30 count) as well as a 30-day supply of scoop-able powder.

### What is Sunfiber?

Regular Girl Prebiotic Fiber & Probiotic Blend contains 6 grams of Sunfiber®. It is an all natural truly regulating soluble dietary fiber derived from the guar bean that has an optimal gut transit time.\* In addition to the numerous benefits of Sunfiber, it also acts as the perfect food source for the probiotics in Regular Girl as well as increasing the helpful bacteria and decreasing the harmful bacteria already within our system.\*

### What are prebiotics?

These are food for the probiotics. You need these for your probiotics to thrive. However, it is important to choose the right prebiotic fiber that doesn't result in excess gas, bloating and loose stools.

### 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 is often recommended to take first thing in the morning to get your digestive system on track for a comfortable and healthy day. Take with your morning cereal, yogurt, smoothie or add to your water bottle to take with you on the go.

### What is the difference between soluble and insoluble fiber?

Insoluble fiber creates the bulk in your stool. Good sources of insoluble fiber are grains, nuts, seeds and the skins of fruits. Soluble fiber dissolves in water. The right soluble fiber aids digestion, feeds beneficial bacteria, moderates glucose absorption, lowers cholesterol and helps you feel less hungry (increases satiety). But be careful. Some soluble fibers may lead to additional gas, bloating and worse: loose stools and diarrhea. The fiber used in Regular Girl is a soluble, low-FODMAP fiber. It supports digestive health without causing excess gas or bloating.\*

### What is the difference between guar gum and guar fiber?

Guar gum is a water soluble carbohydrate derived from the guar plant seed. It is used throughout the food industry for its superior thickening, gelling, emulsifying, and stabilizing properties as a result of its high viscosity. While guar gum and guar fiber come from the same plant, guar fiber (Sunfiber®) has a low viscosity and is used to add fiber to various foods and dietary supplements.

### What is the recommended daily dosage for fiber?

The current adequate intake for dietary fiber is 25 grams/day for women and 38 grams/day for men. Most of us get just 10 to 15 grams per day.

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## Is Regular Girl Safe?

Regular Girl contains 6 grams of Sunfiber and 8B CFU of *B. lactis*. Sunfiber has been affirmed as GRAS (Generally Regarded As Safe) by an expert panel at a level up to 60 grams per day and is approved as a fiber source by the U.S. Food and Drug Administration, Health Canada and other countries.

## How much Regular Girl should I consume?

The typical recommended single serving of Regular Girl Prebiotic Fiber & Probiotic Blend is 6 grams. The current adequate intake for dietary fiber is 25 grams/day for women and 38 grams/day for men. The daily amount of Regular Girl that should be consumed by healthy people looking to meet the daily recommended level of fiber would be the difference between their fiber intake from food and that of the recommended fiber intake for men and women.

## Is Regular Girl a Natural Product?

Regular Girl is 100% all natural. It contains Sunfiber (a plant based fiber) and *B. lactis*, and nothing else. No preservatives or additives. Regular Girl is USDA Organic Certified, Clean Label Certified, Non-GMO Project Verified and 100% Gluten free.

## Can Regular Girl be taken by pregnant or lactating women?

The all natural and safe ingredients used in Regular Girl have been consumed by pregnant and lactating women for years, and it has been shown to be a safe way to improve regularity and reduce cramping and bloating.\* As with any supplement, however, please consult with your health care practitioner prior to use if you are pregnant or breastfeeding.

## Can children take Regular Girl?

Regular Girl is appropriate for all ages to address digestive irregularity and to maintain regularity.\* The recommended dosage of 1 serving (6 grams) is the same for all ages above 9 months.

## What is the caloric value of Regular Girl?

Each serving of Regular Girl contains just 10 calories.

## What are FODMAPs?

Regular Girl is a Monash University Low FODMAP Certified™ product. FODMAPs (Fermentable Oligo-saccharides, Disaccharides, Mono-saccharides and Polyols) are a group of dietary sugars which are poorly absorbed in the small intestine. They are known to cause gas related pain, intestinal distention and constipation and/or diarrhea in people suffering from functional gastrointestinal disorders (FGIDs) and irritable bowel syndrome (IBS). Low FODMAP diets help to reduce these symptoms. Because many high-fiber foods are also high in FODMAPs, people with FGID and IBS typically have difficulty meeting the recommended daily intake of 25 to 30 grams of fiber in their diets. That means they may not get enough soluble fiber which is essential for gut health and regularity. Regular Girl is proud to be the first prebiotic fiber and probiotic blend to achieve Low FODMAP certification.

## What are the key benefits of Regular Girl Prebiotic Fiber & Probiotic Blend?

- Excellent Source of Low FODMAP Fiber, delivering 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. \*
- 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 the absorption of minerals, including Ca, Fe, Zn.\* Other fibers often decrease absorption.
- Regular Girl is all natural and 100% Gluten Free (many so called gluten free fibers contain levels up to 20 ppm).
- USDA Organic Certified, Clean Label Certified, Non GMO Project Verified, Low FODMAP certified, Kosher and Vegan.
- No dairy, soy, sugar, salt, wheat, eggs, artificial flavors or other potential allergens.
- No taste, odor or grit. Mix with your favorite beverage or add 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 and dry place. Keep away from excess light, heat and moisture. May be refrigerated if desired.

## Is Regular Girl only for women?

While created to meet the needs of women, Regular Girl is a synbiotic blend of clinically proven prebiotic fiber and probiotics that help maintain a healthy digestive balance for women, men and children.\*