



# PURIFICAR

普力活

**The burden-free dietary fiber supplement**

Combining S-FIBER with 3 more health-promoting ingredients  
for the support of good intestinal health.



PURIFICAR has been  
awarded the Symbol of  
National Quality in Taiwan.





## REFRESHING, EVERYDAY LIGHTNESS

PURIFICAR combines the 5 kinds of dietary fiber in S-FIBER with 3 other health-promoting ingredients for the support of good intestinal health.

Dietary fiber is regarded as the sixth nutrient, and is helpful to the maintenance of good health. However, hectic modern lifestyles make it difficult to consume nutritionally-balanced, fiber-rich meals\*, let alone a balanced variety of quality dietary fiber.

Dietary fiber aids the function of the digestive system. The new and improved PURIFICAR now boasts the unique S-FIBER blend of **5 kinds of soluble and insoluble dietary fiber**, designed to provide a balanced and holistic fiber supplement to your diet. What's more, PURIFICAR comes packed with **3 other health-promoting ingredients**—xylo-oligosaccharides, enzyme complex, and camu camu fruit extract—so you can enjoy a host of healthcare benefits from just a single product.

Supplementing your diet with PURIFICAR is so easy. Say hello to burden-free days!

\*The World Health Organization (WHO) recommends a daily intake of 25.0-35.0g of dietary fibre. According to the Centre for Food Safety under the Government of the Hong Kong Special Administrative Region, the people of Hong Kong should consume no less than 25g of dietary fibre every day. A study in 2007 by the Hong Kong Polytechnic University found that 90.8% of the people in Hong Kong do not consume enough fibre daily, and more than 50% consume less than half of the recommended intake amount.



## CAN YOU EAT ALL OF THIS?

Are you able to fulfill your body's dietary fiber needs every day? The failure to consume enough dietary fiber may have a detrimental impact on your health in the long run.



2 SERVINGS  
OF FRUIT



2 SERVINGS  
OF VEGETABLES



5-7 SERVINGS OF RICE AND  
ALTERNATIVES; 2-3 SHOULD  
BE WHOLEGRAIN\*

If you are not getting enough dietary fiber, PURIFICAR can offer you a convenient solution.

Simply mix a sachet of PURIFICAR in your favorite food or beverage, and drink plenty of water. Supplementing your diet with a balanced mix of high-quality dietary fiber is so easy, you have no excuse not to start right away.

\* Taken from The Hong Kong Centre For Food Safety.



## QUESTIONNAIRE: DO YOU SUFFER FROM A LONG-TERM LACK OF DIETARY FIBER?

Complete the self-evaluation questionnaire by checking the items that apply to your dietary lifestyle.

- I eat three regular meals every day
- I eat more than 300-350g of fruits and vegetables every day
- I replace white rice with multi-grain rice
- I often eat seaweed, such as kelp
- I seldom eat out
- I seldom eat one-dish meals such as noodles, curry, and bento (boxed meals)
- I seldom eat American-style foods such as burgers and sandwiches
- My bowel movement is regular and stool is medium brown in color

### RESULTS

Fewer than 2 checked items:  
Your diet is severely lacking in dietary fiber.  
You should closely review and monitor your dietary fiber consumption habits.

3-4 checked items:  
You could do with more dietary fiber.

More than 5 checked items:  
Your dietary fiber intake is ideal.



## CAST OFF YOUR BURDEN WITH A PEACE OF MIND.

Every day can be light and refreshing with PURIFICAR!

### 1 PURIFICAR is formulated with S-FIBER, a fine selection of 5 kinds of dietary fiber. Just 1 sachet of PURIFICAR contains as much as 5.3-5.6g of dietary fiber!

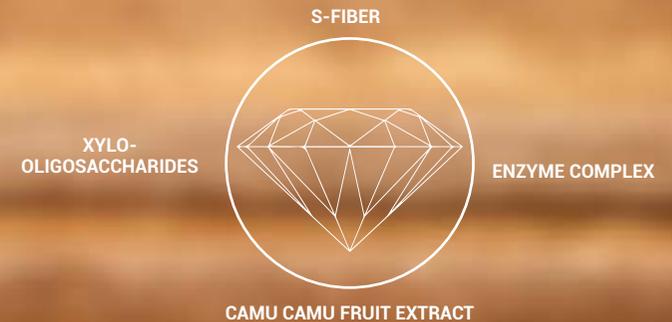
Combining Japanese, Taiwanese and global research studies, Naturally Plus developed PURIFICAR over a 3-year period using dietary fiber sourced from 5 kinds of carefully-selected plants. S-FIBER contains the perfect ratio of water-soluble and water-insoluble fiber to deliver a range of fiber benefits. With PURIFICAR, you can easily obtain an amount of dietary fiber approximately equivalent to that of 2 heads of lettuce, 4 bananas, or 2 sticks of celery.



\* From the STANDARD TABLES OF FOOD COMPOSITION IN JAPAN, Fifth Revised and Enlarged Edition

### 2 Furthermore, PURIFICAR contains 3 more health-promoting ingredients!

PURIFICAR allows you to cover all the bases. The balance of QUANTITY and QUALITY is key to profiting from dietary fiber. In addition to S-FIBER, PURIFICAR is also packed with natural vitamin C for healthy skin, enzyme complex for overall vitality, and xylo-oligosaccharides that support the growth of good bacteria.



### 3 Awarded the Symbol of National Quality in Taiwan!



Original flavor  
國品字號: A00969

Apple flavor  
國品字號: A00970

The Institute for Biotechnology and Medicine Industry in Taiwan conducts reviews on the safety and quality of healthcare supplements in the market. Only products that satisfy the strict evaluation criteria will receive the SNQ, or Symbol of National Quality, a formal recognition of quality assurance in Taiwan.

\*PURIFICAR is an export product of Taiwan.



### **DEVELOPED IN TAIWAN**

PURIFICAR was developed in Taiwan, where, like Hong Kong, unhealthy eating options are commonplace due to the increasing popularity of meat-rich diets.

### **Are you consuming more meat, fat and oil, and neglecting vegetables, fruits, and grains?**

Dietary fiber deficiency and its consequences are well known to Dr Yueching Wong, a registered dietician and professor of nutrition science. Through a study of numerous scientific reports and research on various sources of dietary fiber spanning several years, Dr Wong has conducted multiple trials to formulate the optimal combination of dietary fiber ingredients.

Over a period of 3 years, Taiwan Naturally Plus collaborated with Dr Wong in the development of a dietary fiber supplement product that is at once effective, easy to consume, and good-tasting. PURIFICAR is the result of their intensive innovation and development.



## DOUBLE GUARANTEE OF THE GMP STANDARD FOR FOOD AND cGMP FOR PHARMACEUTICALS

PURIFICAR is manufactured in Taiwan in a specially appointed Science Park biotech factory equipped with pharmaceutical-grade production facilities. The cleanliness of the production area is stringently controlled by the use of a Class 100000 clean air filtration system, and a pharmaceutical-grade pure water production system that filters both bacteria and impurities. We follow a standard operating procedure of quality control in monitoring and ensuring the absolute safety, reliability and quality of PURIFICAR.

Our manufacturer satisfies the cGMP (Current Good Manufacturing Practice) regulations, which are the pharmaceutical standard widely adopted in advanced countries in Europe and America. As part of the operation assessment complying with the cGMP standard, every step of the manufacturing process—from raw ingredients to finished product—is rigorously evaluated. In addition, the factory also satisfies the GMP standard for food manufacturing, providing a double guarantee of product safety. Furthermore, it has a validated food safety control system and its quality management system meets ISO standards.





**PURIFICAR: A WINNING FORMULA THAT COMBINES BOTH DIETARY FIBER AND OTHER BENEFICIAL INGREDIENTS**



**Inulin**  
From chicory roots

Processed by renowned manufacturers in the Netherlands, inulin is obtained from chicory roots. Chicory juice is extracted, purified, demineralized, decolorized, and deodorized. A process is also applied to remove the bitter taste. After spray-drying, inulin is obtained. Inulin improves intestinal function and peristalsis, and promotes the growth of good intestinal bacteria, such as bifidobacteria.



**Gum arabic**  
From the Gum Arabic Tree or *Acacia senegal*

Gum arabic is obtained from the dried sap of the Gum Arabic Tree grown in areas such as the west coast of Africa, Nigeria and Sudan. It has superior emulsifying properties and various applications in the manufacture of food. Being water-soluble, it undergoes fermentation by good gut bacteria, thereby stimulating their growth and activity. Gum arabic in PURIFICAR is supplied by a renowned manufacturer in Germany.



**Indigestible maltodextrin Fibersol-2**  
From corn

Fibersol-2 is a dietary fiber produced by refining corn starch and is highly resistant to heat and acidity. Fibersol-2 is the most frequently incorporated ingredient in Foods for Specified Health Uses in Japan, and has received multiple patents in Japan and the US, where it has GRAS status.

Contains  
**S-FIBER**



**WHAT IS S-FIBER?**

S-FIBER stands for Satisfactory Fiber. It is a combination of 5 kinds of dietary fiber, and is designed to satisfy the body's need for dietary fiber in terms of both quantity and quality. S-FIBER has obtained a utility model patent in Taiwan.

**Oat fiber**  
From oats

Oat husks are rich in dietary fiber, and are powdered for use in foods such as bread and cereal. The highly nutritious oat fiber in S-FIBER is extracted from carefully selected oat husks by a reputable American grain manufacturer without using chemicals. The extracted organic cellulose has a wide variety of healthy properties: it is low in sweetness and calories, odor-free, and has high stability, etc.



**Psyllium seed husk powder**  
From *psyllium*, of the plant genus *Plantago*

Rich in dietary fiber, the husks of psyllium seeds are collected and finely crushed for use. Our manufacturer in Gujarat, India, is the world's leading authority on psyllium seed husk production. Our manufacturer in Gujarat, India, is the world's leading authority on psyllium seed husk production. To ensure consistent high quality, harvesting is done by contract farmers and the production process is regulated under the most stringent organic standards.



In our manufacturing, transport and storage processes, unlike for ordinary psyllium seed husks, we utilise a high-tech sterilisation method in place of the more common chemical fumigation or irradiation methods to ensure the safety and purity of the raw materials.

COMPLETE WITH  
**3 MORE**  
HEALTH-PROMOTING  
INGREDIENTS



### **Camu camu fruit extract**

Camu camu is a shrub of about 7m tall and grows in the rainforests along the upper Amazon River. Its fruit measures about 20mm in diameter and is bright red when ripe. In Peru, it has been consumed and highly valued since ancient times for its health benefits. It is rich in natural vitamin C, containing more than twice that of acerola, 30 times that of orange, 40 times more than that of citrus, and 60 times more than lemon. Not only is it known as the "king of vitamin C", it is also rich in other vitamins,  $\beta$ -carotene, plant polyphenols, amino acids, minerals, and other essential nutrients.

### **Xylo-oligosaccharides**

A recently discovered form of oligosaccharides, xylo-oligosaccharides have been found to be more resistant to acidity and high temperature compared to other oligosaccharides. Furthermore, a much smaller quantity of xylo-oligosaccharides is equally efficient in promoting the growth of good intestinal bacteria. Xylo-oligosaccharide powder in PURIFICAR has 95% purity and contains as much as 63% of active ingredients xylobiose and xylotriose. In comparison, other common xylo-oligosaccharide powders have 65-70% purity and up to 42% of the same active ingredients.



### **Enzyme complex**

A mix of seven enzymes (protease, amylase, lipase, glucoamylase, invertase, bromelain, and cellulose) derived from the fermentation of plant matter, enzyme complex supplements commonly deficient enzymes and fulfils a wide range of functions. Developed by a trusted supplier of ingredients for the enzyme-based products market in the United States, the new enzyme complex includes acid-resistant and alkali-resistant enzymes which can function in different pH environments within the human digestive tract. Together, they support the digestion of carbohydrates, proteins, fats, and other nutrients in food, and help to improve the efficiency of nutrient uptake by the intestinal tract.





PURIFICAR COMES IN GRANULE FORM AND IS PACKED IN CONVENIENT INDIVIDUAL SACHETS FOR EASE OF CONSUMPTION.

1



#### GRANULE FORM

Manufactured in fine granular form, PURIFICAR goes well with a wide variety of food and beverage. Simply dissolve the granules in water or your favourite beverage, or sprinkle it onto your favorite dish. You can also consume the granules directly and swallow with water.

2



#### INDIVIDUAL SACHET PACKAGING

PURIFICAR is packed in individual sachets, which makes for great portability. Supplementing your dietary fiber is a breeze even when you are on the go.

3



#### CONSUMPTION METHOD

You may take 1 to 2 sachets a day. Mix 1 sachet of PURIFICAR thoroughly in about 300ml of cool or lukewarm water before drinking the mixture. You can also mix PURIFICAR in milk or other beverages according to your preference.

# THE 6<sup>th</sup> NUTRIENT DIETARY FIBER

## THE 6TH NUTRIENT

Dietary fiber, which is not broken down by human digestive enzymes, is found abundantly in vegetables, fruits, grains, seaweed, and mushrooms, etc. It is regarded as the 6th major nutrient, after proteins, fats, carbohydrates, vitamins, and minerals, and is indispensable to our diet. However, with the increasing popularity of meat-rich, high-calorie diets, consuming your daily requirement of dietary fiber through meals may not be as easy as you think. Dietary fiber supplements offer a convenient solution to your needs.



**5 MAJOR NUTRIENTS**  
FATS  
PROTEINS  
CARBOHYDRATES  
VITAMINS  
MINERALS

### FERMENTATION

Stabilises the intestinal environment

### ADHESION

Captures waste substances accumulated in the intestines

## DO YOU KNOW?

The 4 characteristics of dietary fiber and their associated benefits

### WATER-HOLDING CAPACITY

Softens stool for ease of bowel movement and increases feeling of fullness

### VISCOSITY

Slows down the passage of food from stomach to small intestine and increases feeling of fullness

## 4 MAJOR CHARACTERISTICS

Dietary fiber is generally divided into water-soluble and water-insoluble types. Water-soluble dietary fiber is characterised by viscosity, which slows down the passage of food from the stomach to the intestines and increases the sensation of fullness. It is also defined by the properties of adhesion and fermentation. On the other hand, water-insoluble dietary fiber has water-holding capacity and is fermentable. These properties are each associated with different functions, and it is advisable to consume a balanced mix, and not just one type of dietary fiber.

Aside from the advantage of the high fiber content, the PURIFICAR formula retains the integrity of these four major characteristics of fiber – water-holding capacity, fermentation, viscosity and adhesion, which is the remarkably hard-to-come-by golden combination for maintaining good health.



PURIFICAR FOR LIFE!  
PURIFICAR FOR THE WHOLE FAMILY  
**SHARE THE GOODNESS WITH THOSE YOU LOVE!**



PURIFICAR is a versatile and easy-to-use dietary supplement suitable for the whole family. It comes in two flavors: Original and Apple. You can simply drink PURIFICAR in Apple Flavor mixed with plain water. It also complements beverages such as milk and soy bean milk (think apple-flavored milkshake!).

PURIFICAR in Original Flavor can be added to food without affecting its original taste. It goes well with juice and tea, and can even be added to your cooking. PURIFICAR develops a thick consistency when added to warm food, and can be used as a corn starch replacement. However, please note that it tends to form clumps when added to cold food.

With its wide range of possible applications, it is so easy to incorporate PURIFICAR into your healthy lifestyle. Try adding PURIFICAR to your favourite recipes today!

**PURIFICAR**  
(Original Flavor)



**PURIFICAR**  
(Apple Flavor)





## FREQUENTLY ASKED QUESTIONS

These are the answers to frequently asked questions about PURIFICAR.

### What is the meaning of the name, “PURIFICAR”?

“PURIFICAR” is a composite of the following three words: PURE + FIBER + CARE. Incidentally, “PURIFICAR” also means “to cleanse” or “to purify” in Spanish!

### What are the characteristics of PURIFICAR?

PURIFICAR is a health supplement formulated with 5 kinds of dietary fiber for good intestinal health. In addition, it contains 3 more health-promoting ingredients—camu camu fruit extract, enzyme complex, and xylo-oligosaccharides—so you can enjoy more healthcare benefits from a single product.

### What is S-FIBER?

S-FIBER is a unique blend combining 5 kinds of dietary fiber rigorously selected by Naturally Plus: psyllium seed husk powder, oat fiber, Fibersol-2, inulin, and gum arabic. S-FIBER stands for Satisfactory Fiber and is designed to satisfy the body’s need for dietary fiber in terms of both quantity and quality.

### How do I consume PURIFICAR?

You are recommended to consume 1 to 2 sachets a day. Add 1 sachet to about 300ml of cool or warm water and mix thoroughly before drinking the mixture. PURIFICAR also goes well with milk or milk-based beverages.

### Can I mix PURIFICAR with just about anything? Can I mix it with hot food/beverage?

Combining PURIFICAR with cool or warm water, or sprinkling PURIFICAR onto your food are a few of the most convenient ways of consuming the product. However, please refrain from mixing PURIFICAR in drinks or food exceeding 60°C, as it contains vitamin C, whose effectiveness decreases with temperature. While temperatures above 60°C have an effect on vitamin C, they do not affect the dietary fiber in the product.

### How are Original Flavor and Apple Flavor different? What do they taste like?

Original Flavor retains the smell and taste of psyllium seed husk. Apple Flavor has the aroma of apple and is mildly sour.

### How is PURIFICAR different from PARAMYLON ARX?

PARAMYLON ARX captures and removes intestinal waste and promotes the growth of good intestinal bacteria. On the other hand, PURIFICAR is a convenient dietary fiber supplement that promotes healthy bowel movement for everyday comfort.

### How do I choose between PARAMYLON ARX and PURIFICAR?

You are advised to choose your health supplements according to your dietary lifestyle needs. While PARAMYLON ARX and PURIFICAR work by different approaches, both function to promote intestinal health.

### Where is PURIFICAR produced?

PURIFICAR is manufactured in Taiwan.

### Can children also consume PURIFICAR?

Yes, they can. However, food is still the most important source of nutrients for growing children. It is recommended that they consume just half a sachet of PURIFICAR a day, so as to not affect their appetite.

### Can pregnant or lactating women consume PURIFICAR?

As the main ingredients in PURIFICAR are dietary fiber, pregnant and lactating women can also consume it. Should you have concerns, please consult your regular doctor for more clarification.



## NURITIONAL INFORMATION

<b>Product Name</b>	PURIFICAR (Original Flavor)	PURIFICAR (Apple Flavor)
<b>Product feature</b>	Dietary fiber containing psyllium seed husk powder	
<b>Contents</b>	144g (7.2g x 20 sachets)	154g (7.7g x 20 sachets)
<b>Recommended daily intake</b>	1-2 sachets	
<b>Consumption method</b>	Dissolve the contents of each sachet of PURIFICAR in 300ml of cool or warm water, mix thoroughly and drink. PURIFICAR may be added to milk or other beverages according to personal preference.	
<b>Nutritional information</b>	Energy 17.3kcal / protein 0.1g / total fat 0.1g / saturated fat 0.1g / trans fat 0g / carbohydrates 6.7g / dietary fiber 5.4g / sodium 1mg *per sachet (7.2g)	Energy 18.9kcal / protein 0.1g / total fat 0.1g / saturated fat 0.01g / trans fat 0g / carbohydrates 7.1g / dietary fiber 5.4g / sodium 1mg *per sachet (7.7g)
<b>Ingredients</b>	Psyllium seed husk powder, inulin, Fibersol-2, oat fiber, xylo-oligosaccharides, camu camu, gum arabic, enzyme complex	Psyllium seed husk powder, inulin, Fibersol-2, oat fiber, xylo-oligosaccharides, camu camu, gum arabic, enzyme complex, sweetener (sucralose), malic acid
<b>Storage method</b>	Store in a cool, dry place away from high temperature, humidity and direct sunlight.	
<b>Caution</b>	<ul style="list-style-type: none"><li>• Those who are allergic to the raw materials of this product are advised to avoid consumption. There is a small possibility that this product may not be suitable for certain other users, depending on their individual health condition. These individuals are also advised to stop consuming the product.</li><li>• Please consult your doctor if you are on medication or receiving medical treatment before consuming PURIFICAR.</li><li>• Please drink plenty of water when consuming PURIFICAR. Not doing so may lead to constipation.</li><li>• Keep out of reach of children.</li><li>• Please consume PURIFICAR immediately after opening the sachet, or soon after dissolving it.</li><li>• Please refrain from taking Purificar immediately before going to bed.</li></ul>	



## CONTACT US

**Join today and benefit from our member-only privileges!**

Naturally Plus products are sold exclusively through our independent distributors and are not available in stores.

Please contact your local Naturally Plus Customer Service to register and immediately begin enjoying our member-only privileges.

To learn more about the various privileges our members have, please go to [www.naturally-plus.com](http://www.naturally-plus.com)



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