

**ALL NEW!**  
PLANT-BASED ESSENTIALS

**KETO**  
FRIENDLY

**NORTH  
COAST  
NATURALS™**

# ULTIMATE DAILY CLEANSE™

- ▲ Digestive health support
- ▲ Provides 1/2 your daily dietary fiber\*
- ▲ 14 g of fiber (8 g of soluble, 6 g of insoluble)\*
- ▲ 6.5 g of omega-3 & 6 essential fats\*
- ▲ Probiotic fortified
- ▲ Low FODMAP - gut friendly
- ▲ Soy & dairy free

\* Per 2 Scoops



**Most Americans are only consuming half of the recommended daily fiber.** Ultimate Daily Cleanse™ helps fill that void by providing 50% of your daily fiber intake from real, whole-food based sources. Although fiber is essential for one's health, choosing the right source, especially when you have gut issues, is critical. All of the ingredients chosen for this premium formula are low FODMAP. High-FODMAP foods can ferment in the gut, resulting in digestive issues for some. Our blend (ground flax seed, psyllium seed husk, organic quinoa powder, organic chia seed powder, organic pumpkin seed powder, organic sprouted brown rice protein, probiotics [*Bacillus subtilis* DE111®, *Lactobacillus fermentum*]), provides an excellent balance of soluble and insoluble fiber. Soluble fiber can lower cholesterol and control blood sugar levels. Insoluble fiber can help maintain regularity. Fiber can also bind to toxins and help the body eliminate them, nourish our friendly gut microbes and keep you satiated.



NON-GMO<sup>1</sup>



NATURAL<sup>2</sup>



VEGAN<sup>3</sup>

<sup>1</sup>Contains no genetically engineered plant ingredients. <sup>2</sup>Contains no synthetic colors, flavors or sweeteners. <sup>3</sup>Contains no animal or animal-derived ingredients.

191230-1045



1.888.337.0127 | fitfoods.ca

#FOODFIRSTLIVING  
THE WAY IT SHOULD BE

northcoastnaturals.com  
@NORTHCOASTNATURALS



\*WHEN TAKEN TWICE A DAY



FATTY ACIDS FROM FLAX, CHIA AND PUMPKIN<sup>ii</sup>



PROBIOTICS



DAILY REGULARITY

# NORTH COAST NATURALS™

## FIBER 101

Fiber is a type of carbohydrate that can't be digested by humans. Although most carbohydrates get digested and turned into sugar molecules, fiber does not, and it goes through the gut undigested. Fiber has no caloric value. (Please Note: The 140 calories in Ultimate Daily Cleanse are entirely from the healthy fats & protein, not from the fiber).

There are 2 types of fiber:

1. Soluble fiber dissolves in water and is best known for its cholesterol-lowering properties and ability to balance blood glucose.
2. Insoluble fiber does not dissolve in water and is best known for helping you stay regular.

## We're Not Getting Enough

In North America there exists what's known as a "fiber gap". The recommended daily fiber intake for women is 25g and 38g for men. The vast majority of adults only consume 50% (14g) of the fiber they need daily.<sup>i,ii</sup>

## The Benefits of Fiber

Fiber has been shown to reduce the risk of cardiovascular disease, stroke, high blood pressure, certain gastrointestinal disorders, type 2 diabetes, obesity, and certain cancers<sup>iii</sup>. Fiber also binds to toxins in the gastrointestinal tract for transport out of your body & moderates appetite and stabilizes blood sugar.

## What's in Ultimate Daily Cleanse?

Each serving provides a gut-healthy blend of 6 fiber sources: Canadian flax, psyllium husk, organic quinoa, organic chia, organic pumpkin and organic sprouted brown rice. Together, these fiber-rich whole foods provide 14 g of both soluble (8 g) and insoluble fiber (6 g), totalling 50% of the recommended daily value for fiber. This blend also provides 6.5 g of EFAs (essential fatty acids). EFAs have been shown to benefit our joints, heart and health in general.

## The Gentler Fiber Choice

Ultimate Daily Cleanse provides the most complete formula of its kind with the addition of a dairy-free probiotic (the probiotic goodness of yogurt, without the dairy). The formula is free of soy, dairy, wheat & gluten, while also being low FODMAP. The rich supply of healthy omega 3 & 6 fats lubricates the gut making this daily fiber blend a gentler choice for individuals, including those suffering from a variety of gastrointestinal issues.

## Low FODMAP

Getting enough fiber can be hard, especially on a low FODMAP diet. Found in many common foods, FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) are specific types of carbohydrates (sugars) that can be hard to digest for people with gastrointestinal issues like IBS, and result in unpleasant symptoms such as abdominal discomfort. Ultimate Daily Cleanse is low FODMAP friendly.

<sup>i</sup> <https://www.canada.ca/en/health-canada/services/nutrients/fibre.html>

<sup>ii</sup> <https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/dietary-fiber.html>

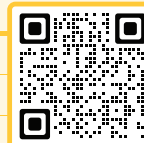
<sup>iii</sup> <https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/dietary-fiber.html>

## HEARTY FIBER GRANOLA—FAST & SIMPLE

2 scoops (80 ml or 1/3 c.) Ultimate Daily Cleanse™

3 scoops (120 ml or 1/2 c.) granola

(160 ml or 2/3 c.) Milk or milk substitute



Stir all 3 ingredients together and let sit for 1-2 minutes; thickens up to a hearty bowl of morning goodness!

## Supplement Facts

Serving Size 1 Scoop (16 g)

Servings Per Container 30

	Amount Per Serving		Amount Per Day	
	1 scoop (16 g)	%DV*	2 scoops (32 g)	%DV*
Calories	60		120	
Total Fat	4 g	5%	8 g	10%
Saturated Fat	0.5 g	3%	1 g	5%
Polyunsaturated	3 g		6 g	
Omega-6	0.5 g		1 g	
Omega-3	2.5 g		5 g	
Monounsaturated	1.5 g		3 g	
Sodium	5 mg	<1%	10 mg	<1%
Total Carbohydrate	8 g	3%	16 g	6%
Dietary Fiber	7 g	25%	14 g	50%
Soluble Fiber	4 g		8 g	
Insoluble Fiber	3 g		6 g	
Protein	2 g	4%	4 g	8%
Calcium	50 mg	4%	100 mg	8%
Iron	1 mg	6%	2 mg	11%
Potassium	25 mg	<1%	50 mg	1%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value (DV) not established.

**Other Ingredients:** ground flax seed, psyllium seed husk, organic quinoa powder, organic chia seed powder, organic pumpkin seed powder, organic sprouted brown rice protein, probiotics (*Bacillus subtilis* DE111®, *Lactobacillus fermentum*).



191230-1045



1.888.337.0127 | fitfoods.ca

#FOODFIRSTLIVING  
THE WAY IT SHOULD BE

northcoastnaturals.com  
@NORTHCOASTNATURALS