

Fiber

The Original Colon Cleanse

Regular bowel movements keep fecal matter from building up in your colon. A high-fiber diet helps keep your bowels moving and functioning normally and in this way has a cleansing effect on your colon. Fiber helps to prevent conditions like constipation, hemorrhoids, and IBS.

Increase your consumption of fruits, veggies, whole grains, nuts and seeds to get more fiber in your diet.

Daily fiber needs:

Men 38g

Women 25g

