



Land 'n' Sea Fiber

Fiber supplement in capsules or powder

Res-Q Land 'n' Sea Fiber, an all-natural dietary supplement, is composed of psyllium seed husks and kelp, which are both excellent sources of soluble and insoluble fiber. The soluble fiber from psyllium seed husks in **Res-Q Land 'n' Sea Fiber**, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

Kelp is also a well-known detoxifier, containing more than 30 beneficial vitamins and minerals, including potassium and iodine.

Fiber and type 2 diabetes

A double-blind, placebo-controlled study revealed that type 2 diabetic men receiving five grams of psyllium seed husks twice a day, along with a diabetic diet inclusive of carbohydrates, experienced a reduction in the after-meal blood-sugar levels. The placebo group received a fiber (cellulose) placebo and did not experience results. Therefore, the study revealed that psyllium seed husks are a safe and effective supplement to help control diabetes.

According to the American Journal of Clinical Nutrition, "The addition of psyllium to a traditional diet for persons with diabetes is safe, is well tolerated, and improves glycemic and lipid control in men with type 2 diabetes and hypercholesterolemia."

As reported in the American Journal of Clinical Nutrition, "Two doses of psyllium taken immediately before breakfast and dinner resulted in significantly lower metabolic ward measurements of all-day postprandial glucose and post-lunch serum glucose concentrations in the psyllium than in the placebo group. All-day and post-lunch, postprandial glucose concentrations were 11.0% and 19.2% lower, respectively, in the psyllium than in the placebo group."

Unlike other psyllium supplements, **Res-Q Land 'n' Sea Fiber** is all-natural; it does not contain any artificial flavorings, colors or sugar.

