

## All-Natural Skinny Fiber.....Ingredients and Benefits

Skinny Fiber's unique fiber blend Expands 50x its size in your stomach, which can help trigger your brain to feel it's full to help you eat less. Simply take Skinny Fiber ( 2 capsules) before your largest meals of the day and you will be amazed at how much less you will need to eat yet feel satisfied.

Not only can Skinny Fiber help you feel full and eat less, but the Skinny proprietary when combined with healthy diet and exercise can also help support weight management, metabolism, and a host of other benefits to your body!

\*Glucmannan is a unique all natural soluble dietary fiber that Expands 50 Times Its Size in your stomach helping you overcome the #1 enemy of weight management ... overeating. In addition to the amazing support for your weight loss goals, on its way through the body, glucmannan supports the colon, thereby supporting the digestive system.

\*Caralluma is a plant, in the cactus family, that has been used as a natural appetite suppressant in India for centuries, particularly in times of famine.

\*Caralluma fimbriata is also believed to help support weight management.

\*Chá de Bugre is the Brazilian secret to weight management when combined with healthy diet and exercise because of its ability to gently support your metabolism.

\*Beyond supporting digestion, certain Digestive Enzymes can play a major role in weight management. \*Enzymes are responsible for every single chemical reaction in every single cell of your body. The enzymes found naturally in raw foods are very sensitive to heat ( cooking ) and most processed foods are completely void of the enzymes your body desperately needs to properly digest your meal.

For example, Lipase helps support digestion. \*Protease helps break down proteins and helps support detoxification.

\*If you cannot get enough nutrition from the food you take in, your body just keeps wanting more.

Benefits Of The Skinny Fiber Enzyme Blend: Helps support metabolism\*Supports overall health\*Helps support detoxification\*

My 5 Minute information video <http://successconnection.SkinnyFiberPlus.com>