DiaFiber Plus™ is a plant-based, calorie-free dietary fiber and vitamin supplement that in conjunction with appropriate nutrition and exercise may support healthy blood sugar and cholesterol levels. **DiaFiber Plus™** will help you to curb your appetite, facilitating better weight control and supports digestive health**. DiaFiber Plus™** (Part of ARP Protocol) has been clinically tested at **Hope Diabetes Center** in Mesa, Arizona. Servings Per Container: 90, one scoop before each meal. **List Prices: $89.95**

VITAMINS

B1 (Thiamine Mononitrates) 1.5mg (100%)	Like other B complex vitamins, thiamine is considered an "anti-stress" vitamin because it may strengthen the immune system and improve the body's ability to withstand stressful conditions. It is named B1 because it was the first B vitamin discovered. Thiamine is found in both plants and animals and plays a crucial role in certain metabolic reactions. For example, it is required for the body to form adenosine triphosphate (ATP), which every cell of the body uses for energy. Preliminary evidence suggests that thiamine along with other nutrients -- may lower risk of developing cataracts. B complex vitamins are necessary for healthy skin, hair, eyes, and liver. They also help the nervous system function properly, and are necessary for optimal brain function. **Recommended dosage 1.1 - 2mg.**
B2 (Riboflavin) 1.7mg (100%)	In addition to producing energy for the body, riboflavin also works as an antioxidant by scavenging damaging particles in the body known as free radicals. Free radicals occur naturally in the body but can damage cells and DNA, and may contribute to the aging process, as well as the development of a number of health conditions, such as heart disease and cancer. Antioxidants such as riboflavin can neutralize free radicals and may reduce or help prevent some of the damage they cause.. **Recommended dosage 1.6 - 2mg.**
B3 (Inositol hexaniacinate) 20mg (100%)	Niacin also helps the body make various sex and stress-related hormones in the adrenal glands and other parts of the body. Niacin is effective in improving circulation and reducing cholesterol levels in the blood. Symptoms of mild deficiency include indigestion, fatigue, canker sores, vomiting, and depression. Severe deficiency can cause a condition known as pellagra. Pellagra is characterized by cracked, scaly skin, dementia, and diarrhea. It is generally treated with a nutritionally balanced diet and niacin supplements. Niacin deficiency also results in burning in the mouth and a swollen, bright red tongue. Niacin has been used since the 1950s to lower elevated LDL ("bad") cholesterol and triglyceride (fat) levels in the blood and is more effective in increasing HDL ("good") cholesterol levels than other cholesterol-lowering medications. **Recommended dosage 14 - 18mg.**
B5 (D-Calcium Pantothenic) 10mg (100%)	In addition to playing a role in the breakdown of fats and carbohydrates for energy, vitamin B5 is critical to the manufacture of red blood cells, as well as sex and stress-related hormones produced in the adrenal glands (small glands that sit atop the kidneys). Vitamin B5 is also important in maintaining a healthy digestive tract, and it helps the body use other vitamins (particularly B2 or riboflavin). It is sometimes referred to as the "anti-stress" vitamin because of its effect on the adrenal glands, but there is no real evidence as to whether it helps the body withstand stressful conditions. **Recommended dosage 5 -10mg.**
B6 (Pyridoxide) 2mg (100%)	Vitamin B6 helps the body make several neurotransmitters, chemicals that carry signals from one nerve cell to another. It is essential for normal brain development and function, and helps the body make the hormones serotonin and norepinephrine (which influence mood) and melatonin (which helps regulate the body clock). Along with vitamins B12 and B9 (folic acid), B6 helps control levels of homocysteine in the blood. Homocysteine is an amino acid that may be associated with heart disease. B6 is also necessary for proper absorption of vitamin B12 and for the production of red blood cells and cells of the immune system. **Recommended dosage 1.3 - 2mg**.
B9 (Folic Acid) 400mcg (100%)	Folic acid is crucial for proper brain function and plays an important role in mental and emotional health. It aids in the production of DNA and RNA, the body's genetic material, and is especially important when cells and tissues are growing rapidly, such as in infancy, adolescence, and pregnancy. Folic acid also works closely with vitamin B12 to regulate the formation of red blood cells and help iron function properly in the body. Vitamin B9 works with vitamins B6 and B12 and other nutrients to control blood levels of the amino acid homocysteine. Elevated levels of homocysteine are associated with certain chronic conditions, such as heart disease and, possibly, depression and Alzheimer's disease, although the link isn't clear. **Recommended dosage 400 -600mcg.**
B12 (Cyanocobalamine) 6mcg (100%)	Vitamin B12 is an especially important vitamin for maintaining healthy nerve cells, and it aids in the production of DNA and RNA, the body's genetic material. Vitamin B12 also works closely with vitamin B9 (folate) to regulate the formation of red blood cells and to help iron function better in the body. Folate and B12 work together to produce S-adenosylmethionine (SAMe), a compound involved in immune function and mood. Vitamins B12, B6, and B9 work together to control blood levels of the amino acid homocysteine. High levels of homocysteine are associated with heart disease. However, researchers aren't sure whether homocysteine is a cause of heart disease or merely a marker that indicates someone may have heart disease. **Recommended dosage 2.4 - 2.8mcg.**
H (Biotin) 300mcg (100%)	Preliminary research indicates that a combination of biotin and chromium might improve blood sugar control in some people with type 2 diabete,. Your body needs biotin to metabolize carbohydrates, fats, and amino acids (the building blocks of protein). Biotin is often recommended for strengthening hair and nails and it's found in many cosmetic products for hair and skin. It is a water-soluble vitamin, meaning the body does not store it; however, bacteria in the intestine can make biotin. **Recommended dosage 30 - 600mcg.**

MINERALS	
Magnesium 100mg (25%)	Every organ in the body -- especially the heart, muscles, and kidneys -- needs the mineral magnesium. It also contributes to the makeup of teeth and bones. Most important, it activates enzymes, contributes to energy production, and helps regulate calcium levels as well as copper, zinc, potassium, vitamin D, and other important nutrients in the body. People who have type 2 diabetes often have low levels of magnesium in the blood. A large clinical study of over 2000 people found that getting more magnesium in the diet may help protect against developing type 2 diabetes, studies suggest that taking magnesium supplements in capsule may help blood sugar control and insulin sensitivity in people with diabetes or prediabetes. **Recommended dosage 270 - 400mg.**
Chromium 200mcg (167%)	People with diabetes either do not produce enough insulin or cannot properly use the insulin that their bodies produce. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. As a result, glucose or sugar builds up in the bloodstream. Chromium was later identified as the active component of GTF. Today, scientists believe that chromium helps insulin bring glucose from the blood into the cells for energy. Low chromium levels can increase blood sugar, triglycerides (a type of fat in the blood), cholesterol levels, and increase the risk for a number of conditions, such as diabetes and heart disease. **Recommended dosage 24 - 44mcg.**
ARP Proprietary Blend 3.6 g (supplying 3 gram of fiber per serving)	
Hydroxypropyl Methylcellulose	**Delays the speed with which food pass through the gut, therefore increasing the uptake of nutrition in the the food you eat, making DiaFiber Plus a time-release supplement.** The HPMC increased the viscosity of the small intestinal contents and reduced the postprandial rise in blood glucose. The HPMC had lower concentrations of liver lipid and cholesterol and reduced liver weight. Consumption of the viscous non-fermentable fiber HPMC decreased diabetic wasting, improved glucose control and reduced insulin resistance and fatty liver in diabetics.
Fibersol-2	Fibersol®-2 digestion resistant maltodextrin is a low viscosity soluble dietary fiber that clinical research has indicated helps support or maintain intestinal regularity. Clinical studies show that Fibersol®-2 helps to relieve occasional constipation, and select studies show that it improves stool consistency. Studies show that Fibersol®-2 digestion resistant maltodextrin when taken with a meal may attenuate the rise in serum glucose following the meal. Fibersol®-2 has the potential to reduce peak postprandial blood glucose and insulin levels that are within the normal range in healthy individuals. In addition, studies show that Fibersol®-2 does not alter healthy, steady-state blood glucose or insulin levels.
Citrus Pectin	Pectin contributes to daily fiber intake and helps promote a feeling of fullness when taken with fiber containing meals, which is beneficial for those following healthy eating plans.
Inulin	**What inulin does:** * nourish the good bacteria in our digestive tracts * improve nutrient absorption * aid in digestion * enhance immune function in the colon **What fiber does:** * help lower cholesterol * stabilize blood sugar * keep you filling full longer * cleans the digestive tract with bowel regularity * reduces risk of colon cancer
Apple Pectin	Pectin is a complex carbohydrate that occurs in ripe fruits and certain vegetables. Pectin can also be found in peaches, currants, and plums. Apple pectin is a soluble fiber with a great number of health benefits. Apple pectin is a great supplement for anyone with a desire to improve their diet and health through improved digestion and antioxidant effects. The benefits you may experience from supplementing with Apple Pectin are: Helps maintain intestinal balance, Increased soluble fiber intake, Improve the absorption of nutrients by optimizing digestion, Optimize immune system functioning.
Glucomannan	Glucomannan might work in the stomach and intestines by absorbing water to form a bulky fiber which treats constipation. It may also slow the absorption of sugar and cholesterol from the gut, helping to control sugar levels in diabetes, and reducing cholesterol levels. Results showed a significant mean weight loss using glucomannan over an eight-week period, Serum cholesterol and low-density lipoprotein cholesterol were also significantly reduced.
Whole Oat Bran with Hydrocolloid Oat Beta-Glucan Soluble Fiber	One major benefit of oat bran is its ability to lower cholesterol. In a study by Braaten et al, beta-glucan, the main soluble fiber in oat bran was shown to significantly lower total cholesterol and LDL or "bad" cholesterol. The fiber in oat bran binds with cholesterol-rich bile to increase the amount of cholesterol that is excreted. Oat bran also helps to reduce the amount of cholesterol absorbed from the foods you eat. Reducing cholesterol can help to prevent the buildup of dangerous plaque in your arteries. A second benefit of oat bran is the prevention of cardiovascular disease. In a study of patients with an increased risk for coronary heart disease, Berg et al found that oat bran reduced total and low-density lipoprotein cholesterol. High levels of cholesterol can result in plaque buildup in your arteries and lead to high blood pressure and heart disease, which may result in a heart attack or stroke. Oat bran has been shown to lower these risks. A third benefit of oat bran is its ability to produce long-term improvements in your blood sugar following a meal, as demonstrated in a study reported in the "Journal of the American Dietetic Association." Oat bran helps to keep blood sugar levels from getting too high after a meal by slowing down the digestion of carbohydrates and reducing the rate at which sugar enters your bloodstream. It may also improve blood sugar levels by increasing sensitivity to insulin, which helps to clear sugar from the blood.