



Elixirs from pure nordic flax

Elixio® Fiber Trio ingredient

Elixio® Fiber Trio is a combination of crushed flaxseed, plant sterols, Calcium and Potassium salts. The combination of plant sterols and the above salts form a patented Multibene® concept. The effect of Multibene® concept has been shown in various studies.

The benefits of using Elixio® Trio Fiber ingredient

- *Lowers cholesterol*
- *Helps to control blood pressure*
- *Improves the well-being of stomach*

Scientific studies have shown that lowering of both elevated serum cholesterol and increased blood pressure decreases heart disease risk by far better than lowering of cholesterol only, or blood pressure only.

Elixio® Fiber Trio lowers cholesterol. Excessive amount of cholesterol is absorbed into the arterial walls causing the buildup of layers of plaque. The harmful part of the cholesterol is LDL. This can cause blockages. Heart attacks and strokes may be a result of that. According to studies plant sterols reduce the absorption of cholesterol into the body.

Elixio® Fiber Trio helps to control blood pressure. Excessive amounts of Sodium Chloride increases the blood pressure. Most of the people get 12–16 fold food salt compared to the need. The balanced ratio between Calcium and Potassium salts increases the secretion of Sodium Chloride from the body and thus lowers the blood pressure.

Elixio® Fiber Trio improves the well-being of stomach. Fiber Trio contains 22 % dietary fiber. 2/3 of it is insoluble form which promotes regular bowel movements. 1/3 is soluble which binds cholic acids within the intestine thus increasing the secretion of cholesterol into the faeces.

Elixio® Fiber Trio applications:

As dietary supplement 10 g / day added f.e.g to yoghurt.

Nutritional value average	per 100 g	per 10 g
Energy	1735 kJ / 419 kcal	173,5 kJ / 41,9 kcal
Protein	17,4 g	1,74 g
Carbohydrates	4,0 g	0,40 g
of which sugar	2,0 g	0,20 g
Fat	12,0 g	1,20 g
of which		
Saturated fatty acids	0,3 g	0,03 g
Monounsaturated fatty acids	0,8 g	0,08 g
Polyunsaturated fatty acids	10,9 g	1,09 g
Plant sterol	18 g	1,8 g
Dietary fiber	22 g	2,2 g
Potassium	5 g	500 mg (14–16 %*)
Calcium	2,5 g	250 mg (31 %*)
Sodium	< 0,05 g	< 5 mg

* of the recommended daily intake

Ingredients: crushed flaxseed, plant sterols, Potassium citrate, Calcium citrate, berry powder

Storage: room temperature, protected from sunlight and moisture

Shelf life: 24 months

Package size: 20 kg



Manufacturer:

Elixio Oil Oy, Joensuuntie 49, FI-31400 Somero, Finland

Tel. +358 2 777 630, Fax + 358 2 748 8029

E-mail: info@elixioil.fi www.elixioil.fi