

# PGX®

## Granules

100% Soluble Fiber · Unflavored ·  
Just add to water

### Product Summary

PGX® (PolyGlycopleX®) granules are an unsweetened highly-viscous combination of well-purified water-soluble polysaccharides derived from konjac root, sodium alginate, and xanthan gum. Viscous fibers have been shown to reduce postprandial glucose concentrations and lower total and LDL-cholesterol, primarily by forming a gel matrix which slows gastric emptying. These viscous granules also trap ingested carbohydrates and lipids inside the gel matrix, decreasing the transport as well as the uptake of glucose and cholesterol at absorptive surfaces.

Clinical trials have shown that in addition to the benefits of glucose and lipid reduction, highly-viscous fibers were found to lower insulin secretion and C-peptide in response to carbohydrate meals, and to lower serum fructosamine, a marker of glycemic control. Viscous fibers effectively reduce the glycemic index of foods consumed simultaneously, by preventing the postprandial spikes in blood glucose concentration. Fiber viscosity has also been associated with increased satiety and reduced appetite, allowing for reduced caloric intake and weight loss. PGX® granules allow for easy dosing, with 5 g of PGX® per scoop, and are unflavored to allow mixing with a variety of beverages and foods.

### Unique Features

- Mixes easily in liquids — does not clump
- High-viscosity-fiber complex
- Regulates after-meal blood glucose levels
- Increases insulin sensitivity for less fat storage
- Sprinkle onto any moist food, low-calorie beverage or meal replacement
- Unflavored—does not alter the taste of foods
- Convenient and economical

**PGX®**  
Granules  
150 g  
Code: 9205



Serving size: 1 scoop (5 g)  
Feature: Mixes easily in liquids

## Supplement Facts

Serving Size: 1 scoop (5 g)  
 Servings per Container: 30

### 1 Scoop Provides:

Calories .....	20
Total Carbohydrate .....	5 g
Dietary Fiber .....	5 g
Soluble Fiber .....	5 g
Calcium.....	26 mg
Sodium.....	96 mg
PGX® (PolyGlycopleX®).....	5 g

Highly purified fiber complex manufactured using the proprietary EnviroSimplex® process: Konjac-mannan (*Amorphophallus konjac*) (root), Sodium Alginate, Xanthan Gum

*Contains no artificial preservatives, colours or sweeteners and no dairy, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.*

**Suggested Usage:** Stir 1 level scoop (5 g) into 12 fl. oz. of cold water or juice 2 times per day. Drink additional water (12 fl. oz.) after ingesting PGX®. Begin with ½ a scoop and gradually increase over several days as tolerated. Up to 1 scoop, 3 times per day may be required in some cases for optimal appetite control or as directed by a health care professional. Use consistently before or with meals or with healthy snacks to greatly reduce appetite and curb food cravings.

**Serving Option:** PGX® mixes instantly in water or juice but can also be sprinkled onto any moist food, yogurt, fruit salad, oatmeal, soup, any low-calorie beverage or meal replacement.

**Notice:** A small percentage of people may initially experience minor temporary digestive changes as the body adjusts to the addition of PGX®, usually in a few days. To help ease fiber digestion, slowly work up to the full dose. It is important to drink adequate amounts of water immediately after ingesting PGX®.

**Contraindication:** Those with a known allergy to the fibers in PGX® should avoid it. Individuals at risk for intestinal obstruction, such as those with systemic sclerosis, should increase fiber intake with caution. While no specific contraindication exists or is predicted, data is lacking for use during pregnancy, lactation, and in children, and the dosage may need to be reduced for those less than 18.

**Drug Interactions:** A reduction in serum glucose concentrations by PGX® may require a lowering of the dosage of any antidiabetic medications, and serum glucose should be monitored closely to prevent hypoglycemia. Oral medications may need to be taken one hour prior or two hours after PGX®, to prevent a reduction in their absorption. Similarly, fat-soluble vitamins should be taken separately.



· GUARANTEED ·

Bioclinic Naturals products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the Canadian Government and the Therapeutic Goods Administration (TGA) regulations of Australia—among the world’s highest standards for natural products.



Recyclable container

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 Manufactured for and distributed  
 by Bioclinic Naturals™ U.S.  
 1111-80th St. SW, Ste. 100  
 Everett WA, USA 98203  
[www.bioclinicnaturals.com](http://www.bioclinicnaturals.com)  
 1-877-433-9860