

FIBER CHOICE® CHEWABLE PREBIOTIC FIBER SUPPLEMENT ACHIEVES #1-RECOMMENDED STATUS FROM GASTROENTEROLOGISTS NATIONWIDE

- *In a national survey, the Fiber Choice® line of chewable prebiotic fiber tablets and gummies, achieved the #1 share of gastroenterologist (GE) recommendations, more than four times greater than that for the nearest branded competitor*
- *Fiber Choice contains a well-studied prebiotic fiber that promotes regularity and supports the growth of beneficial microorganisms for general digestive health*
- *The convenience, taste and efficacy of Fiber Choice, makes it a GE-endorsed choice toward helping address the “fiber gap” in American diets*

Boca Raton, FL – IM HealthScience® (IMH), innovators of medical foods and dietary supplements, announced a high-quality and replicated nationwide survey conducted among a representative and projectible sample of U.S. gastroenterologists, which revealed Fiber Choice® as the #1-recommended chewable prebiotic fiber brand.

The results of a ProVoice survey, fielded in May 2018 by IQVIA, showed Fiber Choice as the leader by far. Its share of gastroenterologist endorsements was more than four times greater than that of its nearest branded competitor.

Less than 3 percent of Americans get the recommended minimum amount of fiber, and 97 percent need to increase their fiber intake.¹ Although the recommended daily fiber intake is 25 to 38 grams,² most Americans only get about half that amount. This “fiber gap” reflects a diet with relatively few high-fiber foods, such as fruits, vegetables, nuts, legumes and whole-grains, and is large enough for the U.S. government to deem it a public health concern for most of the U.S. population.

To help bridge this gap, gastroenterologists recommend fibers including Fiber Choice chewable tablets and gummies. For doctors, it’s a simple, convenient and tasty way to help their patients get the fiber needed for overall good digestive health.

“Dietary fiber is known for keeping our bodies regular,” said Michael Epstein, M.D., FACG, AGAF, a leading gastroenterologist and Chief Medical Advisor of IM HealthScience. “Most importantly, it’s essential that you get enough fiber in your diet. One way to do that is to supplement your daily intake of dietary fiber with natural, prebiotic fiber supplements.”

Inulin, the 100 percent natural prebiotic soluble fiber in Fiber Choice, has been studied extensively and has been shown to support laxation and overall digestive health as well as glycemic control, lowered cholesterol, improved cardiovascular health, weight control and better calcium absorption.

Fiber Choice can be found in the digestive aisle at

Walmart, CVS, Target, Rite Aid and many other drug and food retailers.

About ProVoice Survey

ProVoice has the largest sample size of any professional healthcare survey in the U.S., with nearly 60,000 respondents across physicians, nurse practitioners, physician assistants, optometrists, dentists and hygienists, measuring recommendations across more than 120 over-the-counter categories. Manufacturers use ProVoice for claim substantiation, promotion measurement, and HCP targeting.

IQVIA fielded replicated surveys in April 2018 and May 2018 respectively among U.S. gastroenterologists for IM HealthScience. The ProVoice survey methodology validated the claim at a 95 percent confidence level that “Fiber Choice® is the #1 gastroenterologist-recommended chewable prebiotic fiber supplement.”

About Fiber Choice®

The Fiber Choice® brand of chewables and gummies is made of inulin [pronounced: in-yoo-lin], a natural fiber found in many fruits and vegetables. Inulin works by helping to build healthy, good bacteria in the colon, while keeping food moving through the digestive system. This action has a beneficial and favorable effect in softening stools and improving bowel function.

Research shows that the digestive system does more than digest food; it plays a central role in the immune system. The healthy bacteria that live in the digestive tract promote immune system function, so prebiotic fiber helps nourish the body. Inulin also has secondary benefits, too, of possibly lowering cholesterol, balancing blood chemistry and regulating appetite, which can help reduce calorie intake and play a supporting role in weight management.

The usual adult dosage with Fiber Choice Chewable tablets is two tablets up to three times a day and for Fiber Choice Fiber Gummies is two gummies up to six per day.

About IM HealthScience®

IM HealthScience® (IMH) is the innovator of IBgard and FDgard for the dietary management of Irritable Bowel Syndrome (IBS) and Functional Dyspepsia (FD), respectively. In 2017, IMH added Fiber Choice®, a line of prebiotic fibers, to its product line via an acquisition. The sister subsidiary of IMH, Physician’s Seal®, also provides REMfresh®, a well-known continuous release and absorption melatonin (CRA-melatonin™) supplement for sleep. IMH is a privately held company based in Boca Raton, Florida. It was founded in 2010 by a team of highly experienced pharmaceutical research and development and management executives. The company is dedicated

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to developing products to address overall health and wellness, including conditions with a high unmet medical need, such as digestive health. The IM HealthScience advantage comes from developing products based on its patented, targeted-delivery technologies called Site Specific Targeting (SST). For more information, visit:

**imhealthscience.com IBgard.com
FDgard.com FiberChoice.com Remfresh.com**

This information is for educational purposes only and is not meant to be a substitute for the advice of a physician or other health care professional. You should not use this information for diagnosing a health problem or disease. The company will strive to keep information current and consistent but may not be able to do so at any specific time. Generally, the most current information can be found on:

fiberchoice.com Individual results may vary.

1. Greger, Michael, M.D., FACLM. (2015, September 29). Where Do You Get Your Fiber? [Blog post]. Retrieved from <https://nutritionfacts.org/2015/09/29/where-do-you-get-your-fiber/>
1. Institute of Medicine. 2005. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington, DC: The National Academies Press. <https://doi.org/10.17226/10490>.

**EDUCATIONAL WEBINARS AND ON-DEMAND VIDEOS
HIGHLIGHT MALNUTRITION AWARENESS WEEK™
SEPTEMBER 24-28, 2018**

**ASPEN's Annual Campaign to Raise Awareness of
Malnutrition Expands Its Reach**

SILVER SPRING, MD, July 25, 2018 - Building on the popularity and success of its annual Malnutrition Awareness Week, the American Society for Parenteral and Enteral Nutrition (ASPEN) has expanded the educational opportunities and resources that will be available during this year's event on September 24-28.

"During our 7th Annual Malnutrition Awareness Week, healthcare providers, caregivers and consumers can access even more educational opportunities and resources than in prior years to better understand the critical role nutrition plays in patient care," said Peggi Guenter, PhD, RN, FAAN, FASPEN, Senior Director of Clinical Practice, Quality and Advocacy, ASPEN. "They can also gain a broader perspective on the life-altering impact of malnutrition through our new series of patient stories."

On-Demand Videos

Busy professionals in any time zone and in any country will benefit from ASPEN's six new, on-demand short videos that educate on nutrition screening and assessment, appropriate nutrition intervention for malnourished patients and malnutrition's impact on metabolism and outcome in adult and pediatric

critically ill patients. These videos will be posted on the Malnutrition Solution Center at:

nutritioncare.org/malnutrition

Live Webinars with CE Credits

This year, the high-quality webinars ASPEN offers will educate healthcare professionals and caregivers on nutrition screening methods for adults and children, the latest developments in diagnosing malnutrition in obese patients, and key malnutrition indicators in neonates. The webinars provide 1 hour of CE credit each. Find the webinar schedule at:

nutritioncare.org/MAWSchedule

For Consumers

Malnutrition Awareness Week also has an added emphasis on providing the information and tools consumers need to advocate for themselves and their family members. They can join the "Community Nutrition Resources: What is Available for the Discharged Patient?" webinar, the "Virtual Lunch with the Experts: Legislation for Malnutrition Prevention," and view the on-demand video on "How Do I Talk with My Healthcare Provider." In addition, there are tools, patient stories, and resources for consumers in ASPEN's Malnutrition Solution Center.

Join us for Malnutrition Awareness Week. For a complete schedule, to register for any of the events, and to view the on-demand videos, go to:

nutritioncare.org/maw

**About American Society for
Parenteral and Enteral Nutrition**

The American Society for Parenteral and Enteral Nutrition (ASPEN) is dedicated to improving patient care by advancing the science and practice of nutrition support therapy and metabolism. Founded in 1976, ASPEN is an interdisciplinary organization whose members are involved in the provision of clinical nutrition therapies, including parenteral and enteral nutrition. With more than 6,500 members from around the world, ASPEN is a community of dietitians, nurses, nurse practitioners, pharmacists, physicians, scientists, students and other health professionals from every facet of nutrition support clinical practice, research and education. For more information about ASPEN, please visit:

nutritioncare.org

Visit Our Website:
practicalgastro.com