

# Comparison of Fiber Supplements

The best way to consume 32 grams of fiber per day is through a healthy diet, but that may not always be possible. Fiber supplements are available without a prescription to help increase fiber consumption.



## I. Comparison of Powder Fiber Brands

	Active ingredient	Is active* natural?	FDA approval for laxation?	Grams of active/day for laxation	Amount of active/dose	Required # of doses/day for laxation	Soluble fiber/insoluble fiber?	Active holds water?	Active forms a gel?	Active bulks stools?	Active traps bile acids?	Active is fermentable?	Helps lower blood cholesterol?	Helps lower blood pressure?	Helps lower blood sugar?	Helps lower the risk of heart disease?
<b>METAMUCIL®</b>	Psyllium husk	Natural	Yes	2.5 – 30 grams	3.4 grams	1	70% soluble	Yes	Yes	Yes	Yes	Partially fermentable	Yes	Yes	Yes	Yes
<b>CITRUCEL®</b>	Methylcellulose	Semi-Synthetic	Yes	4 – 6 grams	2 grams	2	100% soluble	Yes	No	Yes	No	No	Minimal	Inadequate data	Inadequate data	Inadequate data
<b>BENEFIBER®</b>	Wheat dextrin	Natural	No	Not approved for laxative	3 grams	Not approved for laxative	100% soluble	No	No	No	No	Yes	No	Inadequate data	Yes	Inadequate data
<b>FIBERSURE®</b>	Inulin	Natural	No	Not approved for laxative	5 grams	Not approved for laxative	100% soluble	No	No	No	Inadequate data	Yes	No	Inadequate data	No	Inadequate data

## II. Comparison of Solid Dose Fiber Brands

	Active ingredient	Is active* natural?	FDA approval for laxation?	Grams of active/day for laxation	Amount of active/dose	Required # of doses/day for laxation	Required # of caplets/day for laxation	Soluble fiber/insoluble fiber?	Active holds water?	Active forms a gel?	Active bulks stools?	Active traps bile acids?	Active is fermentable?	Helps lower blood cholesterol?
<b>METAMUCIL® CAPSULES</b>	Psyllium husk	Natural	Yes	2.5 – 30 grams	.525 grams/capsule 5 capsules/dose	1	5	70% soluble	Yes	Yes	Yes	Yes	Partially fermentable	Yes
<b>FIBERCON® SWALLOWABLE CAPLETS</b>	Calcium Polycarbophil	Synthetic	Yes	4 – 6 grams	.625 grams (eq. 0.5 grams polycarbophil)/caplet. 2 caplet/dose	4	8	100% insoluble	Yes	Yes	Yes	Inadequate data	No	No
<b>CITRUCEL® SWALLOWABLE CAPLETS</b>	Methylcellulose	Semi-Synthetic	Yes	4 – 6 grams	0.5 grams/caplet 2 caplets/dose	4	8	100% soluble	Yes	No	Yes	Yes	No	Minimal
<b>FIBERCHOICE®</b>	Inulin	Natural	No	5 grams	2 grams/tablet 2 tablets/dose	n/a	n/a	100% insoluble	No	No	No	Inadequate data	Yes	No

\*Active refers to the active ingredient in the supplement.