

Sunfiber earns Low FODMAP Certification

Tomorrow's Nutrition Pro Sunfiber has earned yet another distinction: It is now a Monash University Low FODMAP Certified™ product.

Why so many are talking about FODMAPs

FODMAPs (Fermentable Oligo-saccharides, Disaccharides, Mono-saccharides and Polyols) are a group of dietary sugars which are poorly absorbed in the small intestine. They are known to cause gas related pain, intestinal distention and constipation and/or diarrhea in people suffering from functional gastrointestinal disorders (FGIDs) and irritable bowel syndrome (IBS). Low FODMAP diets help to reduce these symptoms.

Because many high-fiber foods are also high in FODMAPs, people with FGID and IBS typically have difficulty meeting the recommended daily intake of 25 to 30 grams of fiber in their diets. That means they may not get enough soluble fiber which is essential for gut health and regularity. Even more problematic, many of the dietary fiber supplements containing inulin, wheat dextrin and IMO are high FODMAP fibers and should be avoided by those looking to reduce FODMAPs in their diet.

To alleviate symptoms, Monash University established a certification program that translates the science of a low FODMAP diet into practice. Tomorrow's Nutrition Pro is proud that its Sunfiber is the first fiber to achieve this important certification.

Sunfiber is a soluble, transparent and taste-free dietary supplement that helps maintain a healthy digestive balance. It is Non-GMO Project verified, certified Kosher and HALAL, and vegetarian. It is also 100 percent gluten-free.

For additional information about Tomorrow's Nutrition Pro, visit www.tomorrowsnutritionpro.com. For additional information on FODMAPs, watch the Monash FODMAP [Video](#) and view the [FAQs](#).

