

YGY Regulate™ Daily Fiber

#USYG70003

An easy way to jump-start your weight loss journey and keep cravings at bay is to up your fiber intake. Not only does fiber help you feel fuller on fewer calories, curbing your appetite and preventing overeating – it's also incredibly beneficial for your metabolic and gut health.¹ Formulated with diverse prebiotic fibers, digestive enzymes, and a unique blend of botanicals, YGY Regulate™ is designed to support your gut microbiome, balance your blood sugar, and promote healthy digestion. Each on-the-go serving is packed with nutrition that fuels your beneficial gut bacteria and promotes smooth, efficient digestion.

For best results, we recommend using the YGY GLP 30 Day System, which includes YGY Regulate™ and two other amazing nutritional support blends.

WHO IT'S FOR:

Anyone seeking a convenient weight management support solution.

WHAT IT DOES:

Provides key nutrients to support your gut, balance your blood sugar, and promote healthy digestion.

WHAT SETS THIS PRODUCT APART?

- Each packet provides diverse prebiotic fibers, digestive enzymes, and a unique blend of botanicals
- Probiotic included for microbiome support
- Nutrients synergize to support a healthy metabolism and digestive system*
- Convenient packets for nutrition on the go!
- Delicious, natural orange flavor
- No artificial ingredients, colors, or flavors – we only give you what you need



Sources*

- 1 Dietary fiber: Essential for a healthy diet, Mayo Clinic
- 2 Health Effects and Sources of Prebiotic Dietary Fiber, 2018
- 3 10 Evidence-Based Health Benefits of Cinnamon, Healthline
- 4 The Health Benefits of Bitter Melon, Cleveland Clinic
- 5 6 Impressive Health Benefits of Gymnema Sylvestre, Healthline
- 6 Digestive Enzymes and Digestive Enzyme Supplements, Johns Hopkins Medicine
- 7 Bacillus coagulans and its applications in medicine, 2019
- 8 Probiotics Fact Sheet, National Institutes of Health, Office of Dietary Supplements

Supplement Facts

Serving Size: 1 Packet (10.3 g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	35	
Total Carbohydrate	9 g	3%
Dietary Fiber	8 g	29%
Sodium	20 mg	1%
Prebiotic Fiber Blend	8.5 g	**
Inulin, Acacia Fiber, Beet Fiber, Flaxseed, Chia Seed		
Blood Sugar Support Blend	100 mg	**
Cinnamon Bark Extract, Bitter Melon Fruit Extract, Gymnema Sylvestre (leaf) Extract (std. to 25% Gymnemic Acid)		
Enzyme Blend	100 mg	**
Bromelain, Papain, Protease, Amylase, Cellulase, Lactase, Lipase		
Bacillus coagulans	5 billion CFU	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily value not established.

Other Ingredients: Citric acid, Natural flavors, Silica, Stevia leaf extract (RebaudiosideA), Natural color (Beta-carotene), Stevia leaf extract (RebM).