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Best Fiber Supplement for Weight Loss

Everybody knows that fiber is good for them. But what is the best fiber supplement for weight loss? There are so many fiber supplements on the market these days it's hard to choose. You have metamucil, benefiber, fiber choice, citrucel, kronsyl, equate, vetasyl and many more. Sadly, these products cost a fair amount so you don't want to waste money on a product that may or may not be an effective weight loss aid.

So what is the best fiber supplement for weight loss?

What if I told you that the best fiber supplement for weight loss is one that you can make in your own home with readily available products?

Yes, that is right! You can actually make the best fiber supplement for weight loss. The reason is that many expensive fiber supplements are made from cheap, readily available ingredients that companies combine and sell at a premium making huge profits.

One of the most common and effective ingredients in fiber supplements is psyllium husk, if you read the ingredients in metamucil you will see that this is the active ingredient. And the same is true for many other products



Now psyllium husks are available in grocery stores and health food stores. Try the grocery store first as their price is generally lower. In fact you can purchase a 25lb bag of psyllium husk from Amazon groceries for under \$60. Join a group of friends to share the product and purchase in bulk. To make your own fiber supplement for weight loss all you need is;

- 2 cups of psyllium husks
- 2 tablespoons of powdered kool Aid, Tang, Gatorade or similar powdered drink mix

All you have to do is place these in a container and shake to combine. The dose is 2-3 teaspoons in a glass of water twice per day for weight loss and cholesterol control, or once per day for colon and digestive health. It is best taken half an hour before a meal as it then fills you up before you eat so that you eat less

The reason this is the best fiber supplement for weight loss is because dietary fiber is one of the two nutritional components that create a feeling of fullness (the other being protein). In short, fiber is not digestible, it passes through the digestive tract without being converted to energy. Having fiber in your stomach slows down the digestive process which means you don't experience that empty, hungry sensation as quickly.

For this reason, to reduce your appetite when dieting you can take a dose of fiber 30 minutes before lunch or dinner. Doing this has been found to reduce food intake by up to 33%.

Another excellent alternative is a fiber product you can eat are known as [miracle noodles](#) (otherwise known as [shirataki noodles](#)). This product looks similar to rice noodles but is made from 100% soluble fiber. Because it is 100% fiber it contains NO carbohydrates and effectively NO CALORIES because the body doesn't digest it. Therefore it becomes a food that doesn't count toward your daily calorie intake. It doesn't require cooking and because it is made of pure fiber, a small amount is enough to satisfy your hunger. It is a brilliant product for anyone seeking to lose weight. For more information on miracle noodle visit [Miracle noodles - Best fiber supplement for weight loss](#)

This post does not constitute medical advice nor should it be substituted for professional medical advice. This post titled "Best Fiber Supplement for Weight Loss" is intended for informational purposes only.

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