



Study Points To Multitude Of Health Benefits With A High Fiber Diet

June 26, 2015

June 26, 2015 - PRESSADVANTAGE -

Bill Meligari, president of TigerMix.com, Inc., announced that a study, which was published on the US National Library of Medicine National Institutes of Health, says a high fiber diet points to a multitude of health benefits. The article, which is titled, "The health benefits of dietary fiber: beyond the usual suspects of type 2 diabetes, cardiovascular disease and colon cancer" starts by explaining how dietary fiber is a key component in healthy eating.

Bill Meligari stated that while there is a lot of important information in this study, there are a few key factors that the public should take note of: certain forms of dietary fiber feed probiotic bacteria that live in the human gastrointestinal tract, and fermentation of these fibers can lead to the creation of various substances that are shown to benefit human health (like short chain fatty acids or SCFA's). Bill added that the potential health benefits of the consumption of prebiotic fibers include the prevention and mitigation of colon cancer, type II diabetes and cardiovascular disease. Prebiotic fibers also help reduce the risk of hyperlipidemia, hypercholesterolemia and hyperglycemia, and they help to improve regulation of certain neurological processes that are related to mood and memory disorders, such as depression and anxiety. In addition, prebiotic fibers help in the mitigation of immunomodulation and autoimmune disorders.

The study is important for TigerMix.com, Inc. because it gives them a better insight to develop a product that is more beneficial for the customers, which the company feels they have achieved. Bill Meligari made the following statement,

"Our bar contains an ideal balance of protein (21 grams), pre-biotic fiber (22 grams), and both fast and long-lasting energy from natural sources with no artificial additives. It was designed to benefit a large segment of the population from people looking for a mid-day energy boost to weight-watchers on a diet to those who are serious about working out with weights or aerobics and anyone who just wants a tasty snack that's healthy for them."

Bill's High Fiber-Protein-Energy Snack Bar is currently available through their Amazon storefront, which is located at the following URL: www.amazon.com/TigerBillsBest. The product is also gluten and soy free and contains natural sugar and complex carbs, which according to the company, supplies the customer with quick energy that is lasting. TigerMix.com, Inc. stated that all of their High Fiber-Protein Energy Snack Bars are made in the USA, and to ensure that customers get all the nutrients nature intended, their products have not been baked. Tiger Bill also made the following statement,

"What initially began as a side project for my own use has, with encouragement from family and friends, now been released to the general public to enjoy."

The company also provides a money back guarantee. If any of their customers are not happy with the product, they will get a full refund. TigerMix.com, Inc. said that their goal was to create an excellent product and great customer service too. For those who would like to get more details on the High Fiber-Protein-Energy Snack Bar, please visit their Amazon storefront. Interested parties are also encouraged to visit TigerBillsBest on Facebook.

###

For more information about TigerMix.com, Inc., contact the company here: TigerMix.com, Inc. Tiger Bill Meligari 908-343-3768 media@tigermix.com TigerMix.com, Inc. PO Box 202 High Bridge, NJ 08829-0202

TigerMix.com, Inc.

TigerMix.com, Inc., manufactures products in a number of diverse fields from music to health and fitness. The most recent addition, TigerBillsBest High Fiber-Protein-Energy Snack Bar, continues their tradition of products proudly made in the USA.

Website: <http://www.tigerbillsbest.com>

Email: media@tigermix.com

Phone: 908-343-3768



Powered by PressAdvantage.com