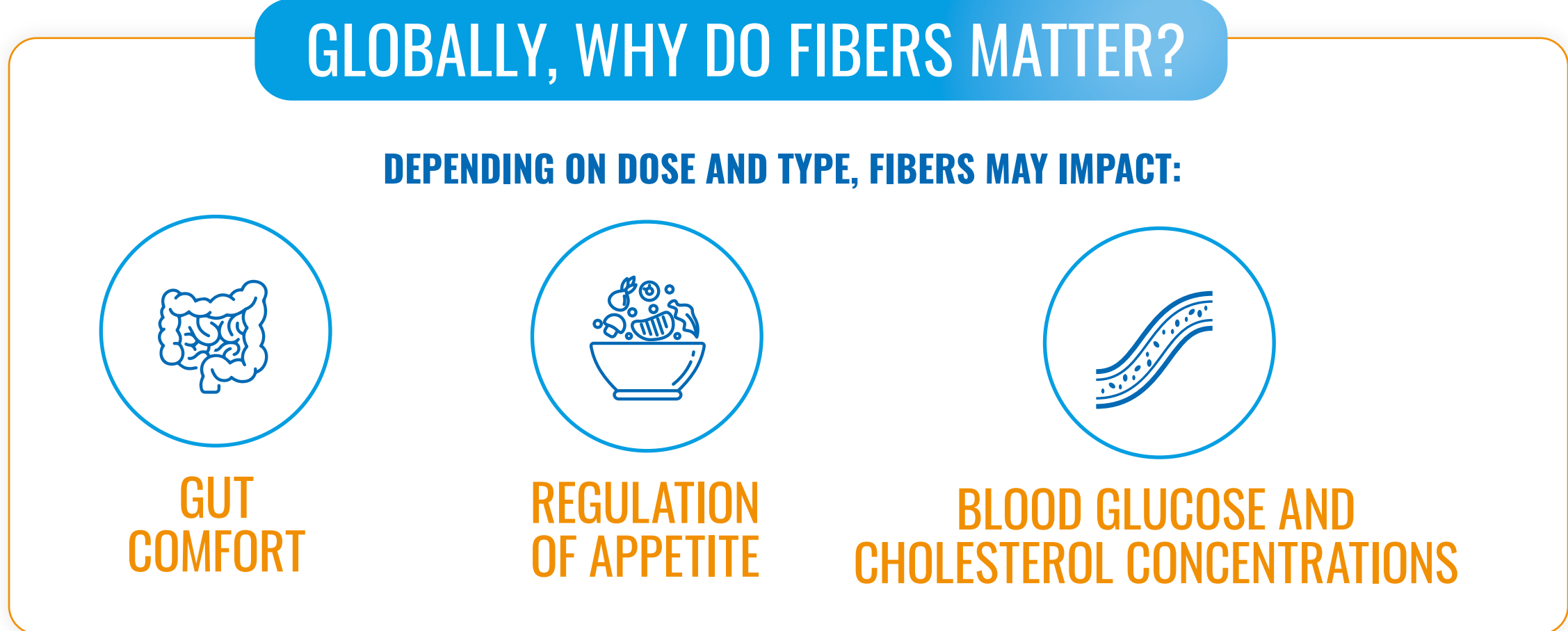
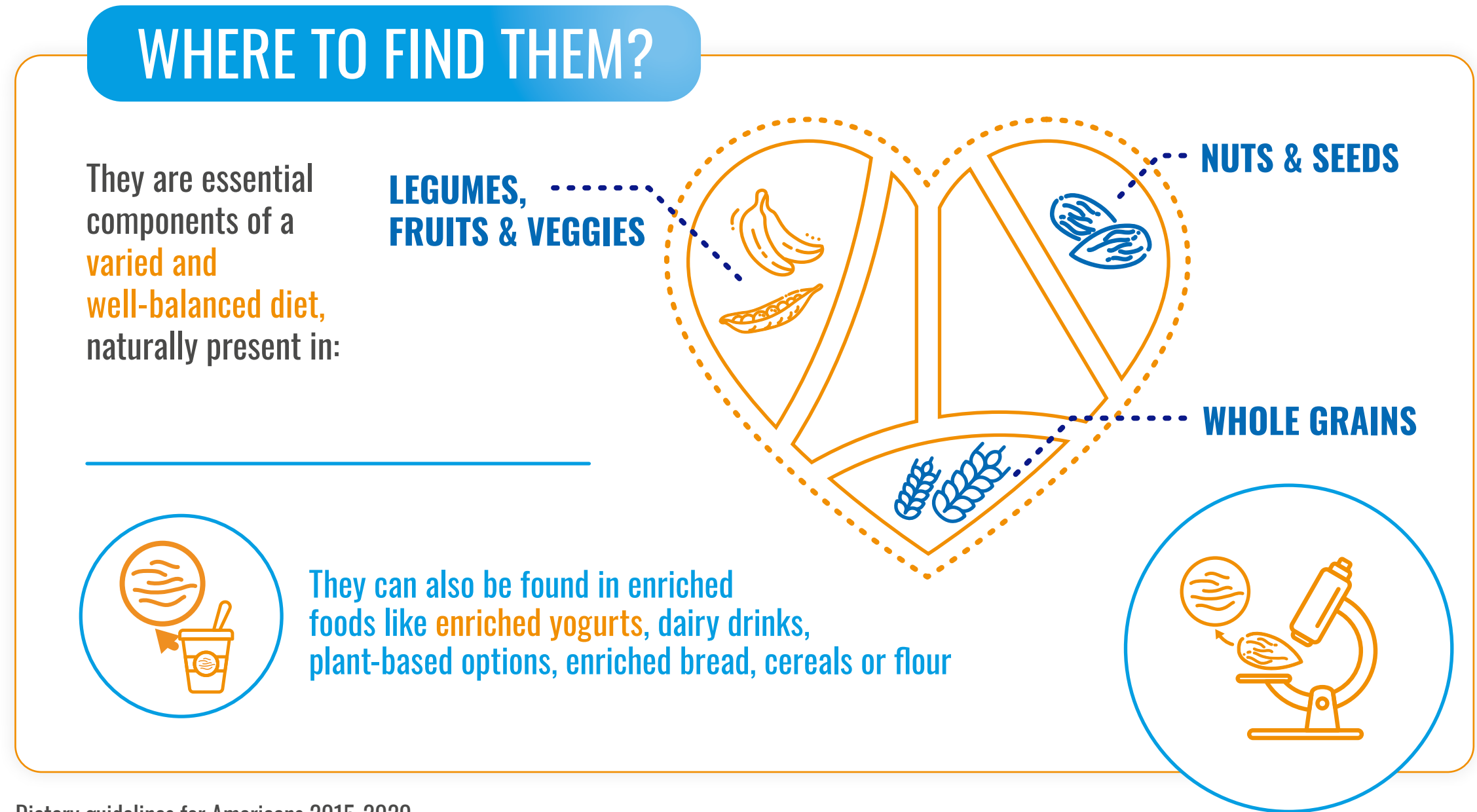
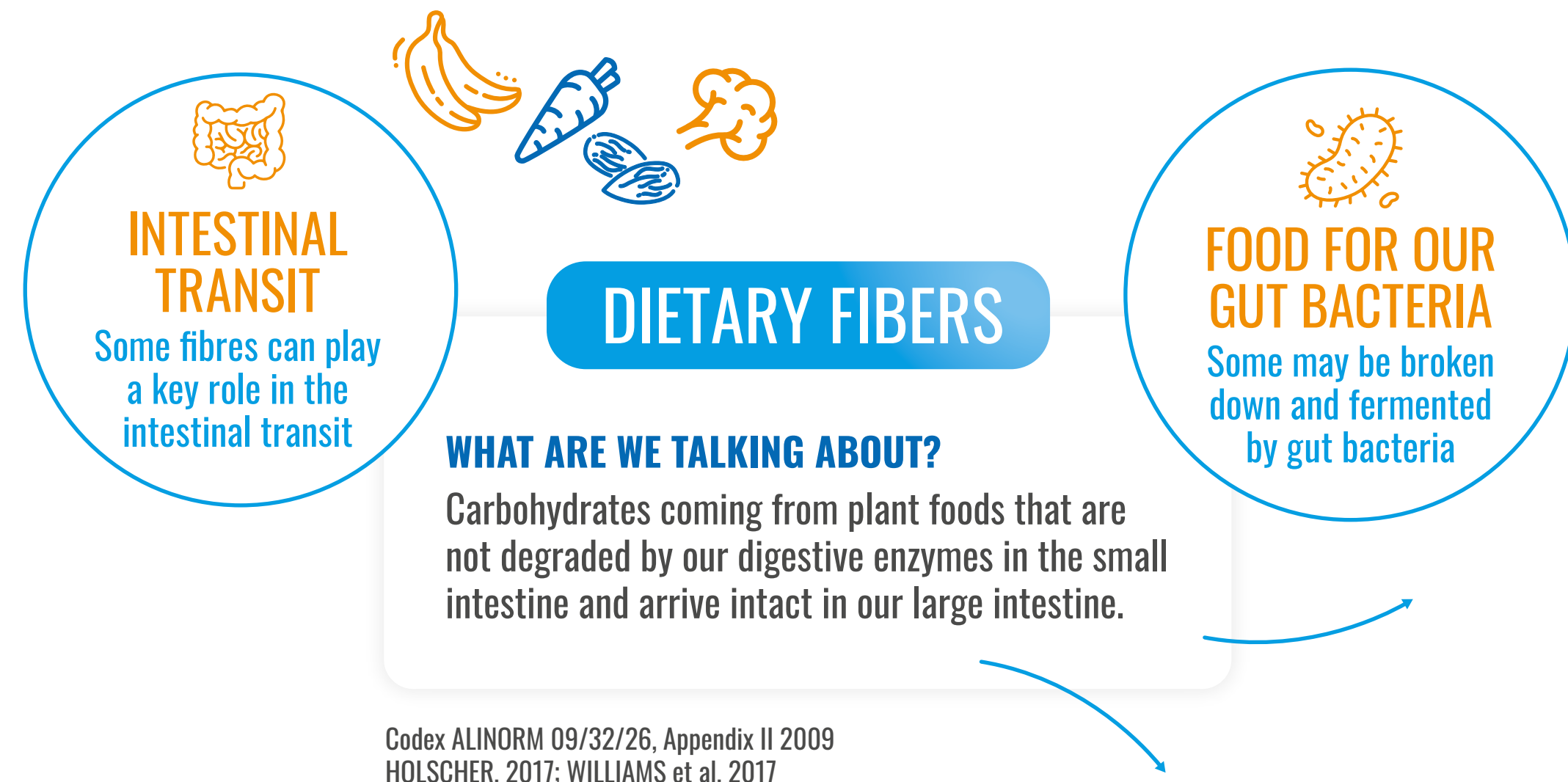


## THE ESSENTIALS



### ALL ACTORS OF OUR OWN HEALTH

Today we observe a fiber gap intake, that's to say a **fiber deficit in the diet of both adults and children**, linked with westernized diet in many countries.

Jones, 2014 - Edwards, 2015