



Site Map Defined

- Chart detailing where **main site content** can be found.
- Visual representation of the **relationship among the pages** on the site.
- Shows **differentiation** between various page templates.
- Provides the **necessary groundwork** before defining individual page layouts and functionality.

Site Map



Utility Links:

- 6.0 FAQ
- 7.0 Search Results

Footer Links:

- 8.0 About
- 8.1 Privacy Policy
- 8.2 Terms of Use
- 8.3 Contact Us
- 8.4 Site Map

8 Templates

- Home Page 1
- Category Landing Page 2
- Subcategory Landing Page 3
- Super-Article Page 4
- Article Page 5
- Product Listing Page 6
- Product Detail Page 7
- Search Results 8

Templates

- **Home Page**
- **Category Landing Page**
- **Subcategory Landing Page**
- **Super-Article Page**
- **Article Page**
- **Product Listing Page**
- **Product Detail Page**
- **Search Results**

Wireframes: Defined

- Visual guide representing the **skeletal structure** of a website.
- Arranging elements to **best synchronize** both business and user objectives.
- Depicts page **layout, hierarchy, interaction elements,** and **navigation.**
- **Lacks typographic style,** color, and graphics. All copy is **for placement only** and subject to intensive revision.
- Main focus should be on **functionality, behavior, hierarchy,** and **relationship.**

Template 1: Home Page

- **Introduction** to the site, **overhead look** at the types of content we're offering.
- Quick introduction to the brand and its benefits to familiarize the visitor.
- Immediately engage with editorial content and education.
- Close with information on products.

The Natural Fiber Supplement

Nourish the goodness inside with Benefiber®.

Benefiber® is 100% natural prebiotic fiber that fits seamlessly into your lifestyle.

[Get Started](#)

Why Benefiber is Different

A simple way to support good digestive health.

icon

Clear

icon

Taste-Free

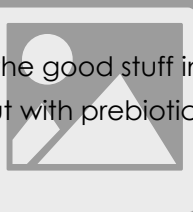
icon

100% Natural

[The Benefiber Difference](#)

What is Prebiotic Fiber?

Feed the good stuff in your gut with prebiotics.

[Learn More](#)

When and How to Use Fiber Supplements

[Read Article](#)

Benefiber kept true to its word! No grit, no taste, and dissolves quickly. Highly recommended!



—Amber

\$2 OFF BENEFIBER®

[Get Coupons](#)

Fiber & Weight Management

Fiber can help curb cravings.

[Learn More](#)

9 Things Hurting Your Gut Health

[Read Article](#)

My husband is so impressed that he intends on using this for his own weight issues!



—Firebird

Our Products

A family of products to help you look and feel great.



Benefiber Original

Clear, taste-free Benefiber® is 100% natural prebiotic fiber that nourishes the good bacteria that exist naturally in your gut.

[More Info](#)

Healthy Shape

Now you can get the shape you want with 100% natural Benefiber® Healthy Shape. Clinically proven to help you feel fuller longer.

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New to Fiber? Start Here

Learn more about fiber with these resources.

icon

[Gut Health 101](#)

icon

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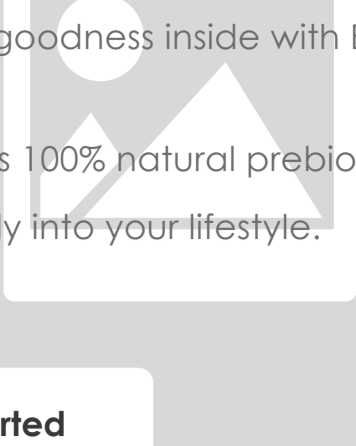
icon

[Fiber Recipes](#)[Optional CTA](#)

The Natural Fiber Supplement

Nourish the goodness inside with Benefiber®.

Benefiber® is 100% natural prebiotic fiber that fits seamlessly into your lifestyle.



[Get Started](#)

Why Benefiber is Different

A simple way to support good digestive health.



Clear



Taste-Free

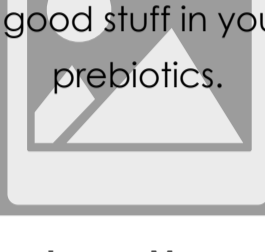


100% Natural

[The Benefiber Difference](#)

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[Learn More](#)

When and How to Use Fiber Supplements



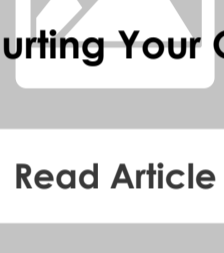
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9 Things Hurting Your Gut Health

[Read Article](#)

My husband is so impressed that he intends on using this for his own weight issues!



—Firebird

Fiber & Weight Management

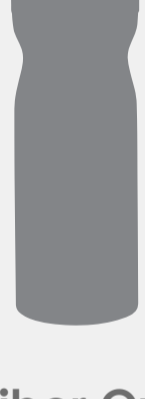
Fiber can help curb cravings.



[Learn More](#)

Our Products

Learn more about fiber with these resources.



Benefiber Original

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[More Info](#)

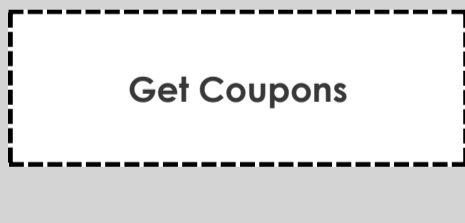


Healthy Shape

Now you can get the shape you want with 100% natural Benefiber® Healthy Shape. Clinically proven to help you feel fuller longer.

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Learn more about fiber with these resources.



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[Fiber & Wellness](#)



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Template 2: Category Landing Page

- **Introduction** to the types of information found within the category.
- Links to each subpage within, with hints of what **information** will be found within.

Digestive Health



Learn all about how your digestive system works—because when it runs smoothly, your life can run smoothly, too.

Prebiotic Fiber

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Curabitur aliquam pharetra diam quis eleifend. Suspendisse eu metus tellus. Etiam feugiat feugiat turpis, id aliquam purus. Etiam auctor tellus eget laoreet varius.

[Learn More](#)

Gut Health 101

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What is Gut Bacteria?

[Read Article](#)

What's in Your Gut and What it Does for Digestion

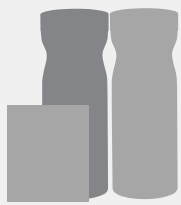
[Read Article](#)

Good Balance: The Key to a Healthy Gut

[Read Article](#)[See More](#)

Fiber & Weight Management

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[Learn More](#)

100% Natural Fiber

Clear and taste-free Benefiber® is an easy way to add fiber to your life.

[More Info](#)

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BENEFIBER®**

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Digestive Health

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Prebiotic Fiber

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[Learn More](#)

Gut Health 101

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What is Gut Bacteria?

[Read Article](#)



What's in Your Gut and What it Does for Digestion

[Read Article](#)



Good Balance: The Key to a Healthy Gut

[Read Article](#)

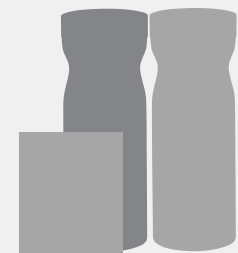
[See More](#)



Fiber & Weight Management

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[Learn More](#)



100% Natural Fiber

Clear and taste-free Benefiber® is an easy way to add fiber to your life.

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Template 3: Subcategory Landing Page

- Further content from a **specific subcategory**.
- Includes the ability to curate **featured articles** to lead the user through our intended journey.

Gut Health 101

What's in Your Gut and What it Does for Digestion



Your digestive system is home to trillions of bacteria. But don't let this alarm you

[Read Article](#)

What is Gut Bacteria?

When we're considering our digestive health, it helps to understand why it's important

[Read Article](#)

The Role of Gut Flora

It's important for everything from metabolism to how your body absorbs nutrients

[Read Article](#)

Breaking Down Your Digestive System

[Read Article](#)

10 Things You Probably Didn't Know About Your Digestive System

[Read Article](#)

The Basic Facts About Digestive Health

[Read Article](#)

The Key to a Healthy Gut

[Read Article](#)

The Emerging Science of The Gut-Brain Connection

[Read Article](#)

What Does the Gut-Brain Connection Mean?

[Read Article](#)[See More](#)

Our Products

A family of products to help you look and feel great.



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[More Info](#)

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Gut Health 101

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Your digestive system is home to trillions of bacteria. But don't let this alarm you



[Read Article](#)



What is Gut Bacteria?

When we're considering our digestive health, it helps to understand why it's important

[Read Article](#)



The Role of Gut Flora

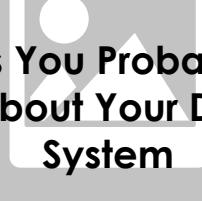
When we're considering our digestive health, it helps to understand why it's important

[Read Article](#)



Breaking Down Your Digestive System

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10 Things You Probably Didn't Know About Your Digestive System

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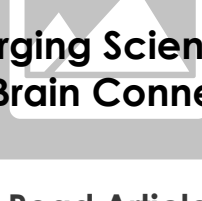
The Basic Facts About Digestive Health

[Read Article](#)



The Key to a Healthy Gut

[Read Article](#)



The Emerging Science of The Gut-Brain Connection

[Read Article](#)



What Does the Gut-Brain Connection Mean?

[Read Article](#)

[See More](#)

Our Products

Learn more about fiber with these resources.



Benefiber Original

Clear, taste-free Benefiber® is 100% natural prebiotic fiber that nourishes the good bacteria that exist naturally in your gut.

[More Info](#)



Healthy Shape

Now you can get the shape you want with 100% natural Benefiber® Healthy Shape. Clinically proven to help you feel fuller longer.

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Template 4: Super-Article Page

- This template will be home to in-depth informational pages, covering a wide variety of related content.
- We're providing several modules with which to build a page. They can be arranged in any way we feel best suits the content.

What Are Prebiotics?

Prebiotic fiber helps nourish the growth of good bacteria that exist naturally in your gut, creating an optimal environment for good digestive health.

[Prebiotic vs. Probiotic](#)
[Soluble & Insoluble Fiber](#)
[How Can Prebiotics Help You?](#)

Prebiotic vs. Probiotic

Prebiotic

- Ut eget mi nibh sed ultrices
- Accumsan libero. Aenean sed lacus sed velit eleifend aliquam
- Nulla vestibulum, arcu cursus commodo
- Vivamus ut eleifend ipsum. Maecenas



Probiotic

- Duis nec dolor consectetur, elementum
- Donec ac posuere leo, eu venenatis massa. Praesent vel ligula
- Elit est varius lorem, ut dignissim
- Faucibus orci luctus et ultrices posuere cubilia Curae

What's the Difference?

The difference is consectetur adipiscing elit. Curabitur aliquam pharetra diam quis eleifend. Suspendisse eu metus tellus. Etiam feugiat feugiat turpis, id aliquam purus. Quisque vulputate massa pulvinar nisi vulputate, vel eleifend orci aliquet.

Nunc at tortor ac diam tincidunt eleifend. Curabitur eget ligula tristique, sodales tortor sed, hendrerit sem. Pellentesque sed ligula varius, porttitor odio a, porttitor diam.

Related:



[infographic]

Why Your Body Needs Bacteria

Your body is dolor sit amet, consectetur adipiscing elit. Nunc at tortor ac diam tincidunt eleifend. Curabitur eget ligula tristique, sodales tortor sed.

The Prebiotic Effect

The difference is consectetur adipiscing elit. Curabitur aliquam pharetra diam quis eleifend. Suspendisse eu metus tellus. Etiam feugiat feugiat turpis, id aliquam purus. Quisque vulputate massa pulvinar nisi vulputate, vel eleifend orci aliquet.

Nunc at tortor ac diam tincidunt eleifend. Curabitur eget ligula tristique, sodales tortor sed, hendrerit sem.

Soluble and Insoluble Fiber

Soluble	Insoluble
• Ut eget mi nibh sed ultrices	• Duis nec dolor consectetur, elementum
• Accumsan libero. Aenean sed lacus sed velit eleifend aliquam	• Donec ac posuere leo, eu venenatis massa. Praesent vel ligula mi
• Nulla vestibulum, arcu cursus commodo	• Elit est varius lorem, ut dignissim libero
• Vivamus ut eleifend ipsum. Maecenas	• Faucibus orci luctus et ultrices posuere cubilia Curae

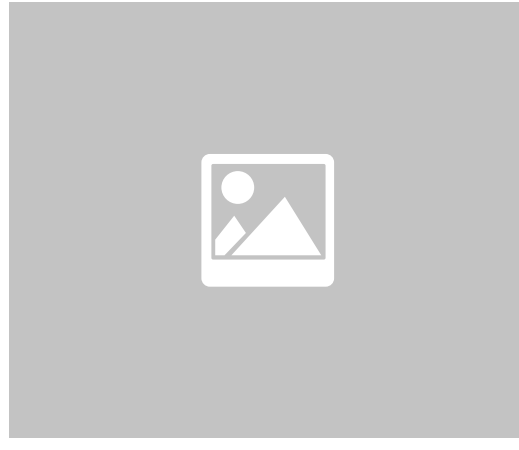
How Prebiotics Can Help You



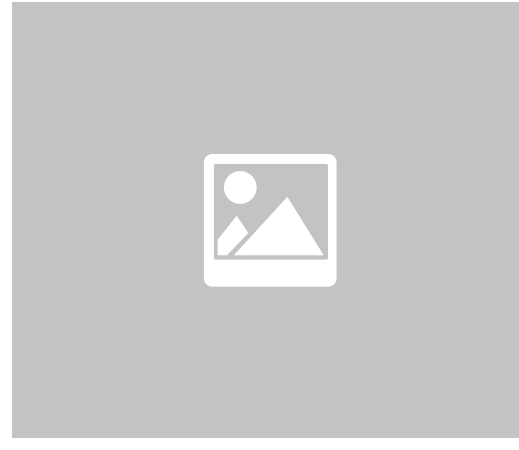
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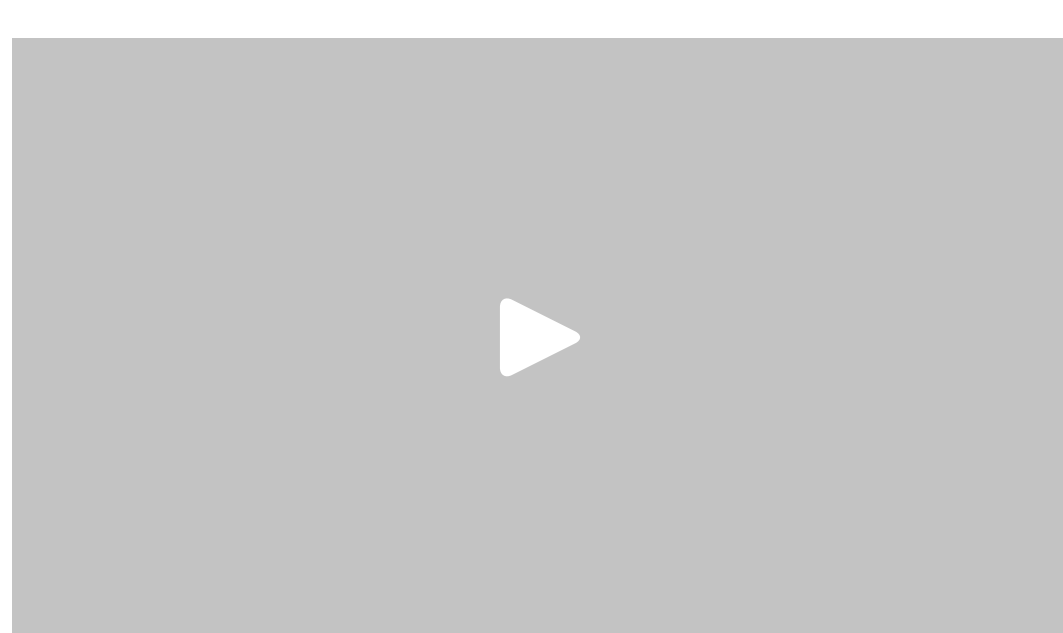
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See The Video

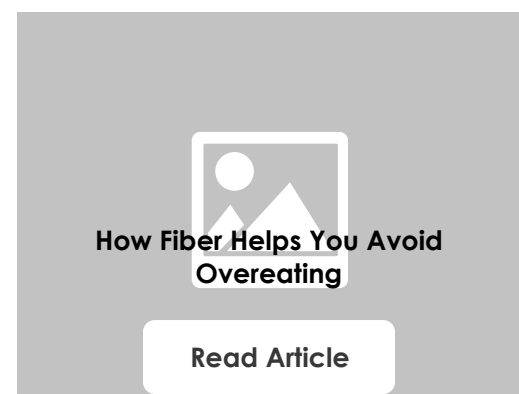
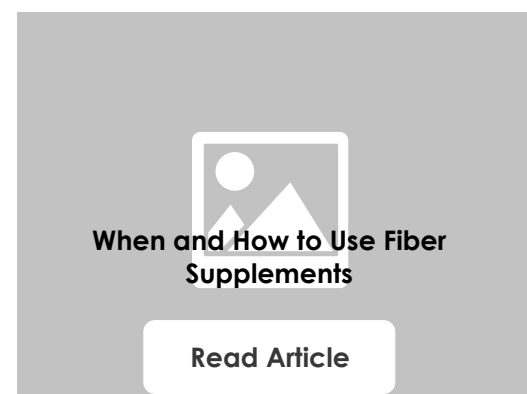
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Related Articles



Try Benefiber Original!

Benefiber Original is a great source of prebiotic fiber! Every lorem ipsum dolor sit amet, consectetur adipiscing elit. In diam quam, aliquet ut nisi posuere, facilisis porta velit vivamus porttitor mattis in diam quam ut. Nunc at tortor ac diam tincidunt eleifend.

[More Info](#)
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What Are Prebiotics?

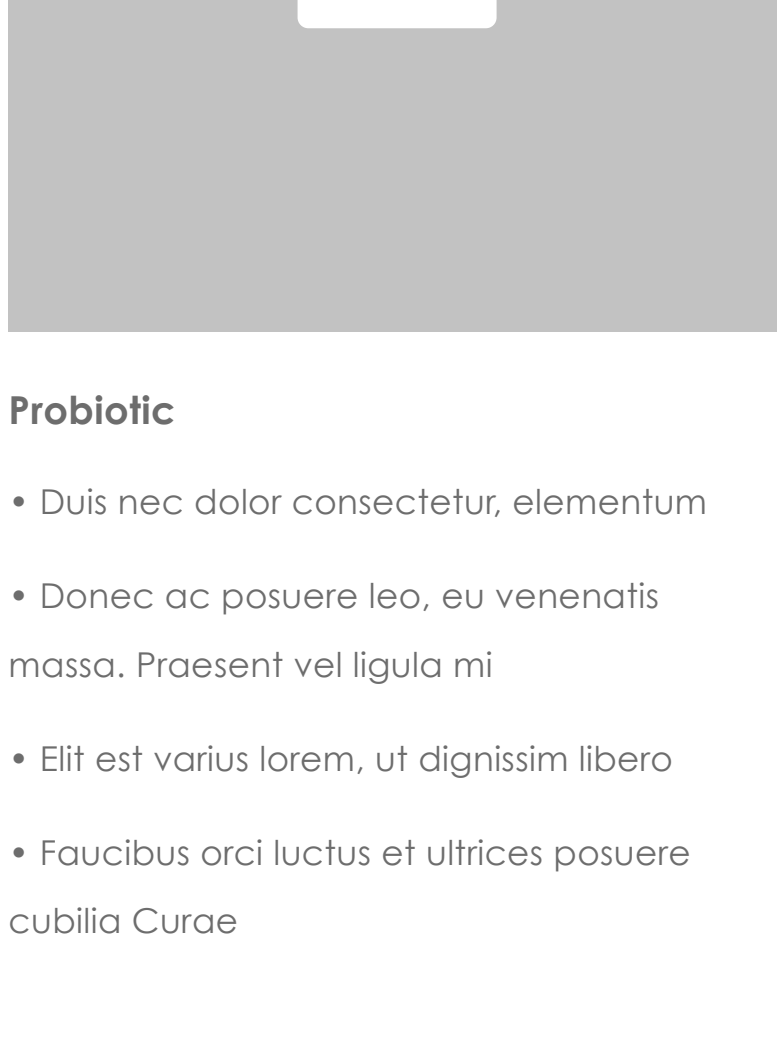
Prebiotic fiber helps nourish the growth of good bacteria that exist naturally in your gut, creating an optimal environment for good digestive health.

Scroll to: **Prebiotic vs. Probiotic**

Prebiotic vs. Probiotic

Prebiotic

- Ut eget mi nibh sed ultrices
- Accumsan libero. Aenean sed lacus sed velit eleifend aliquam
- Nulla vestibulum, arcu cursus commodo
- Vivamus ut eleifend ipsum. Maecenas



Probiotic

- Duis nec dolor consectetur, elementum
- Donec ac posuere leo, eu venenatis massa. Praesent vel ligula mi
- Elit est varius lorem, ut dignissim libero
- Faucibus orci luctus et ultrices posuere cubilia Curae

What's the Difference?

The difference is consectetur adipiscing elit. Curabitur aliquam pharetra diam quis eleifend. Suspendisse eu metus tellus. Etiam feugiat feugiat turpis, id aliquam purus.

Quisque vulputate massa pulvinar nisi vulputate, vel eleifend orci aliquet. Nunc at tortor ac diam tincidunt eleifend.

Curabitur eget ligula tristique, sodales tortor sed, hendrerit sem. Pellentesque sed ligula varius, porttitor odio a, porttitor diam.

Related:

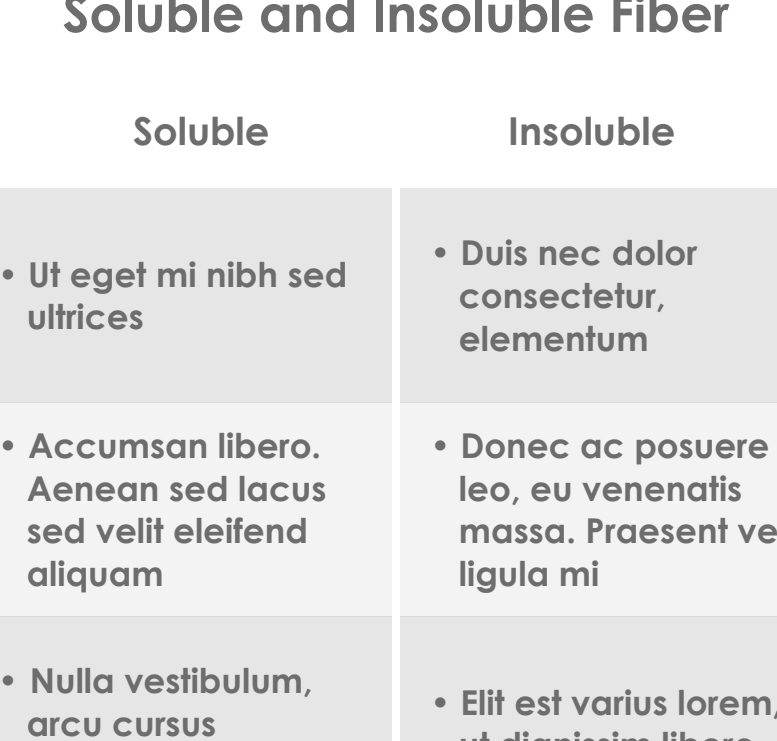
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[Read Article](#)



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The Prebiotic Effect

The difference is consectetur adipiscing elit. Curabitur aliquam pharetra diam quis eleifend. Suspendisse eu metus tellus. Etiam feugiat feugiat turpis, id aliquam purus.

Quisque vulputate massa pulvinar nisi vulputate, vel eleifend orci aliquet. Nunc at tortor ac diam tincidunt eleifend.

Curabitur eget ligula tristique, sodales tortor sed, hendrerit sem.

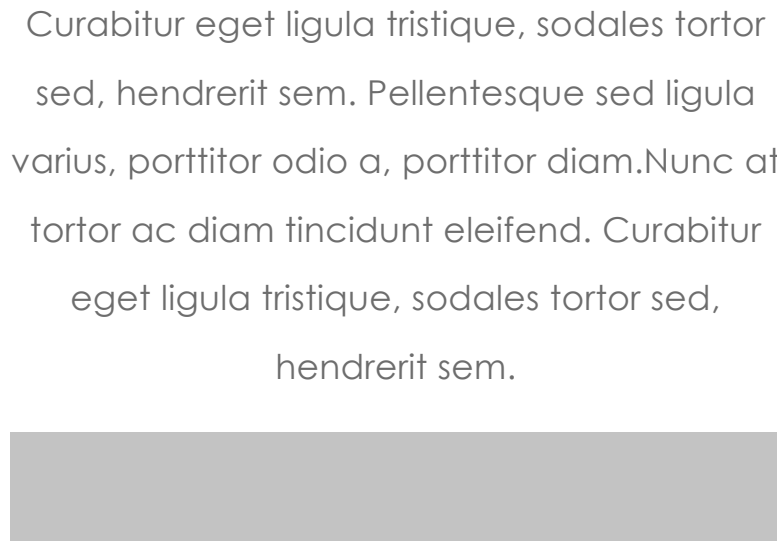
Soluble and Insoluble Fiber

Soluble	Insoluble
• Ut eget mi nibh sed ultrices	• Duis nec dolor consectetur, elementum
• Accumsan libero. Aenean sed lacus sed velit eleifend aliquam	• Donec ac posuere leo, eu venenatis massa. Praesent vel ligula mi
• Nulla vestibulum, arcu cursus commodo	• Elit est varius lorem, ut dignissim libero
• Vivamus ut eleifend ipsum. Maecenas	• Faucibus orci luctus et ultrices posuere cubilia Curae

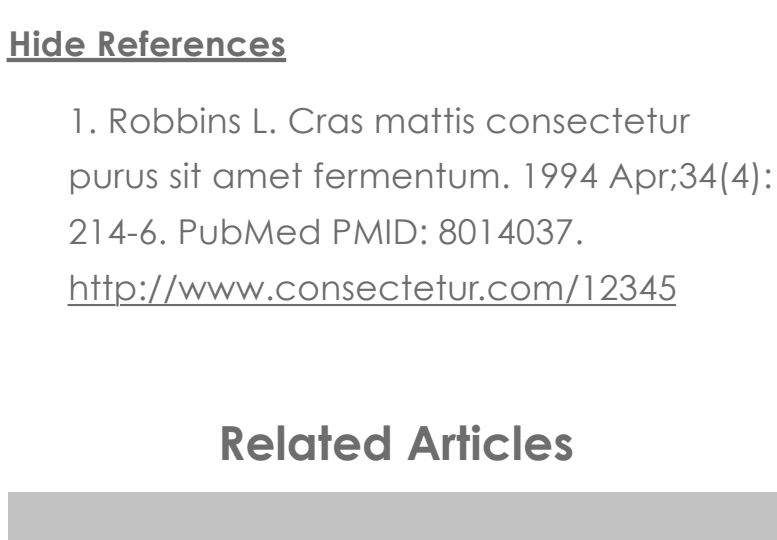
How Prebiotics Can Help You



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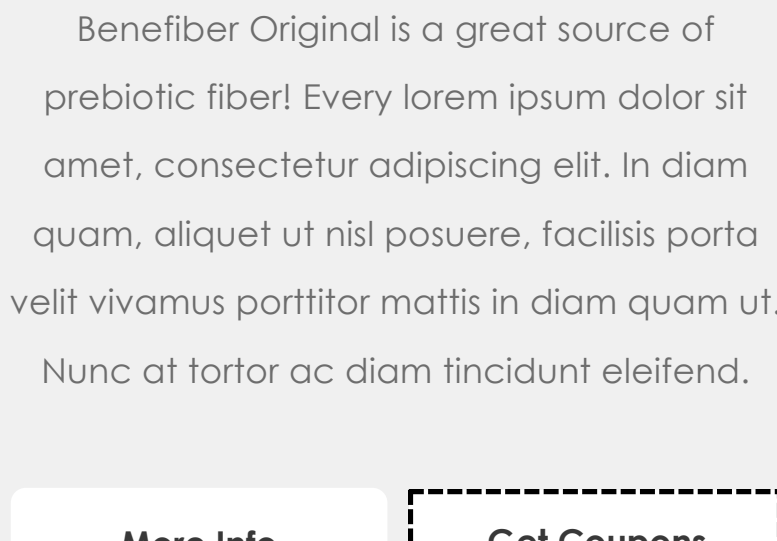
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See The Video

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Video Description or Caption to follow directly below the video

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1. Robbins L. Cras mattis consectetur purus sit amet fermentum. 1994 Apr;34(4): 214-6. PubMed PMID: 8014037. <http://www.consectetur.com/12345>

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[Read Article](#)

The Emerging Science of The Gut-Brain Connection

[Read Article](#)

How Fiber Helps You Avoid Overeating

[Read Article](#)

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Benefiber Original is a great source of prebiotic fiber! Every lorem ipsum dolor sit amet, consectetur adipiscing elit. In diam quam, aliquet ut nisl posuere, facilisis porta velit vivamus porttitor mattis in diam quam ut. Nunc at tortor ac diam tincidunt eleifend.

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Template 5: Article Page

- This template will house articles and basic content pages.
- As with the Super-Article pages, we provide modules and page elements that can be arranged to fit the content.



Fitting in the Fiber: It's Easier Than You Think

And why it's important to incorporate fiber into your diet.

[Probiotics](#)
[Prebiotics](#)
[Tag 3](#)
[Tag 4](#)

 Social Share: [f](#) [t](#) [e](#)

Here's a fact you can chew on: The USDA recommends Americans consume between 25 and 38 grams of fiber per day. To put that into perspective, there are three grams of fiber in a wholewheat bagel, two grams of fiber in a serving of green beans, and four grams of fiber in your average pear—if you leave the skin on.

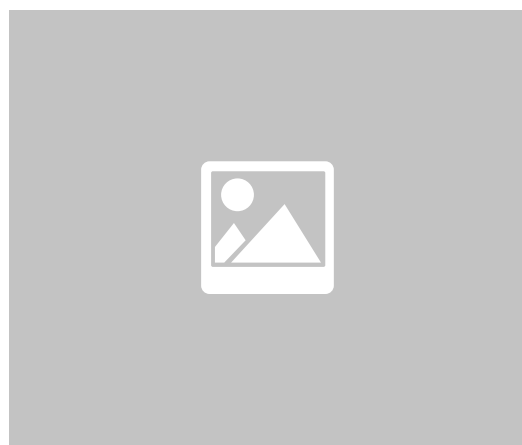
The problem, the USDA reports, is that the average American gets less than half the fiber they need. That's right: despite research showing that certain types of fiber can increase satiety, help promote good digestive health, and even support healthy cholesterol levels, we're not consuming enough of the stuff.

Why? Simple: Most of us—with our hectic schedules, our poorly planned shopping lists, and our knack for grabbing treats instead of sitting down for meals—aren't eating the right foods. We know we could use more fiber; we're just too busy and too distracted to make it a priority.

Let's put an end to that right now. Three helpful ways to increase your daily fiber intake:

1. Get back to basics.

You've heard it before and you'll hear it again—the path to a healthy diet is paved with whole grains, legumes, fruits, and vegetables. The same is true for a diet rich in fiber. So load up on vegetables like broccoli and kale, reach for an apple when it comes time to snack, and cut out the meat (which has no fiber) as much as possible and instead serve up soups stocked with lentils or beans. Instead of white bread, choose whole-grain varieties. And instead of chips, choose high-fiber nuts like cashews and pistachios. A good rule of thumb: Unprocessed foods are high-fiber foods, while their processed counterparts generally are not.



2. Map out your meals.

There are several ways to help good bacteria flourish in the body. You can feed and protect the bacteria you already have. Prebiotics stimulate the growth of good bacteria in your intestines. When you consume fiber, it's fermented in the large intestine by the bacteria that lives there. The fermentation produces byproducts, that the bacteria need in order to propagate.

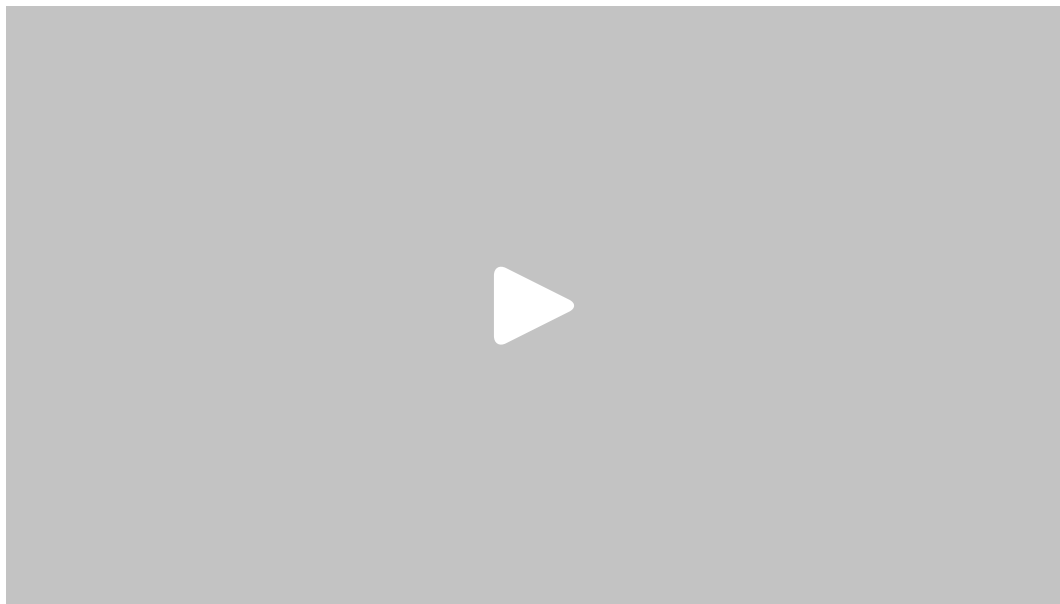
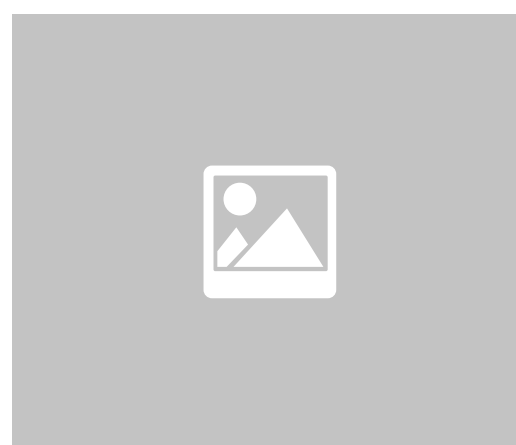
It's recommended that you eat 25 to 38 grams of fiber per day. To make sure you're getting enough fiber in your diet, try eating nuts, whole grain foods, fruits, and vegetables. If you find consuming your daily amount of fiber difficult, you can add fiber to your diet by using fiber supplements. These supplements often come in the form of powders that can be added to water or juice.

3. Take a fiber supplement.

This one is easy. Fiber supplements like Benefiber® contain three grams of fiber per serving, which means it provides about as much fiber as a baked potato or a handful of almonds. Fiber supplements are especially useful when you can't find time to cook, or first thing in the morning as you're rushing out the door. Add some to your cereal and you'll be well on your way to a fiber-filled day.

Antibiotics kill bacteria, both good and bad, and can leave your intestines lacking the bacteria it needs for good health. Antibiotics kill bacteria, both good and bad, and can leave your intestines lacking the bacteria it needs for good health.

To feel your best, make good bacteria part of your daily diet. Eat right and get your daily fiber needs met to maintain a good balance of bacteria in your gut.



Video Description or Caption to follow directly below the video

4. Get back to basics.

A gut flora imbalance can affect the absorption of some nutrients. While the first signs of an imbalance may be digestive disorders like diarrhea, constipation, or irregularity, some research indicates a relationship between gut flora imbalance and other health issues. This means probiotics and prebiotics go hand-in-hand to promote not just gastrointestinal health, but overall well-being. Ask a doctor or dietitian if incorporating prebiotics and probiotics into your daily regimen would work for your health needs.

“Lorem ipsum dolor sit amet, consectetur adipiscing elit dui pretium.”

5. Map out your meals.

Prebiotics are carbohydrates that act as food for beneficial bacteria in the gut. These carbs don't break down and get absorbed in the small intestine, but travel undigested to the colon, where they ferment and produce small chain fatty acids that feed the gut flora. Not all plant foods function in this way, but those containing specific types of soluble fiber—including wheat dextrin, inulin, oligofructose, and fructooligosaccharides—do. Prebiotic carbs include onions, garlic, leeks, soybeans, chicory root, honey, bran and other whole grains, banana, and Jerusalem artichoke.

Wheat dextrin, a soluble fiber derived from wheat starch, is gluten-free and a prebiotic fiber. It is found in the fiber supplement, Benefiber®. One study found that wheat dextrin helps promote the growth of good bacteria³ in the colon.

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The Basic Facts About Digestive Health

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Clear, taste-free Benefiber® is 100% natural prebiotic fiber that nourishes the good bacteria that exist naturally in your gut.

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Healthy Shape

Now you can get the shape you want with 100% natural Benefiber® Healthy Shape. Clinically proven to help you feel fuller longer.

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SAVE NOW

Fitting in the Fiber: It's Easier Than You Think

And why it's important to incorporate fiber into your diet.

Prebiotics	Prebiotics
Tag 3	Tag 4

Social Share:

Here's a fact you can chew on: The USDA recommends Americans consume between 25 and 38 grams of fiber per day. To put that into perspective, there are three grams of fiber in a wholewheat bagel, two grams of fiber in a serving of green beans, and four grams of fiber in your average pear—if you leave the skin on.

The problem, the USDA reports, is that the average American gets less than half the fiber they need. That's right: despite research showing that certain types of fiber can increase satiety, help promote good digestive health, and even support healthy cholesterol levels, we're not consuming enough of the stuff.

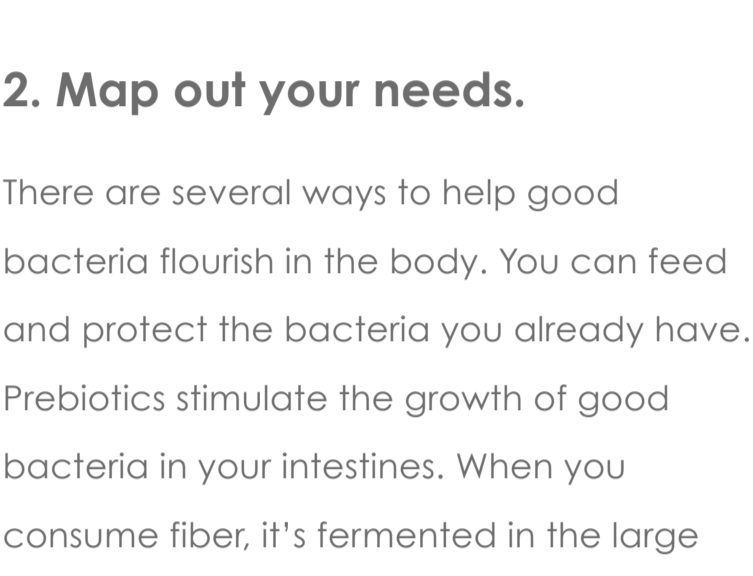
Why? Simple: Most of us—with our hectic schedules, our poorly planned shopping lists, and our knack for grabbing treats instead of sitting down for meals—aren't eating the right foods. We know we could use more fiber; we're just too busy and too distracted to make it a priority.

Let's put an end to that right now. Three helpful ways to increase your daily fiber intake:

1. Get back to basics.

You've heard it before and you'll hear it again—the path to a healthy diet is paved with whole grains, legumes, fruits, and vegetables. The same is true for a diet rich in fiber. So load up on vegetables like broccoli and kale, reach for an apple when it comes time to snack, and cut out the meat (which has no fiber) as much as possible and instead serve up soups stocked with lentils or beans. Instead of white bread, choose whole-grain varieties. And instead of chips, choose high-fiber nuts like cashews and pistachios. A good rule of thumb:

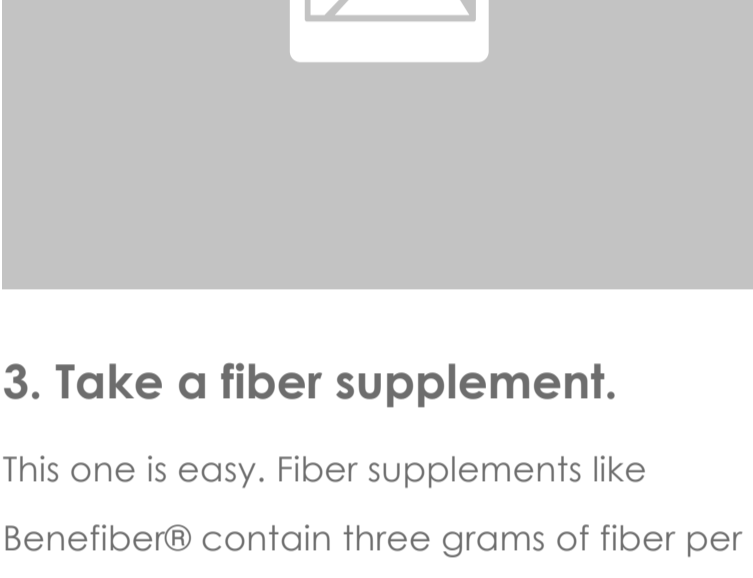
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It's recommended that you eat 25 to 38 grams of fiber per day. To make sure you're getting enough fiber in your diet, try eating nuts, whole grain foods, fruits, and vegetables. If you find consuming your daily amount of fiber difficult, you can add fiber to your diet by using fiber supplements. These supplements often come in the form of powders that can be added to water or juice.



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This one is easy. Fiber supplements like Benefiber® contain three grams of fiber per serving, which means it provides about as much fiber as a baked potato or a handful of almonds. Fiber supplements are especially useful when you can't find time to cook, or first thing in the morning as you're rushing out the door. Add some to your cereal and you'll be well on your way to a fiber-filled day.

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Video Description or Caption to follow directly below the video

“ Lorem ipsum dolor sit amet, consectetur adipiscing elit duis pretium. ”

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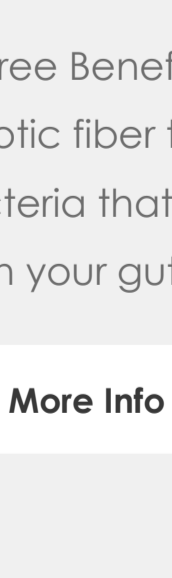
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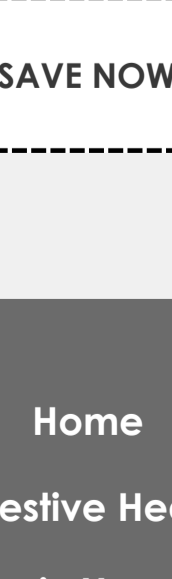
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Benefiber Original

Clear, taste-free Benefiber® is 100% natural prebiotic fiber that nourishes the good bacteria that exist naturally in your gut.

[More Info](#)



Healthy Shape

Now you can get the shape you want with 100% natural Benefiber® Healthy Shape. Clinically proven to help you feel fuller longer.

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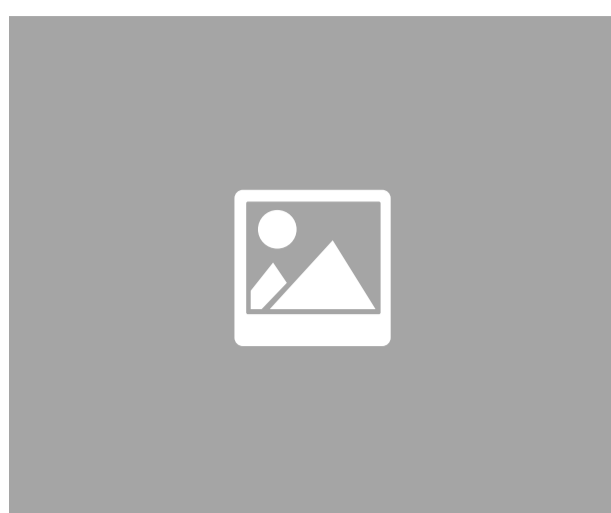
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Template 6: Product Listing Page

- This template introduces visitors to our products, and will describe the difference between them.
- At this point of the site, we won't want to get too into the finer details of each product, as we ultimately want the visitor to dive deeper into one of the product pages.

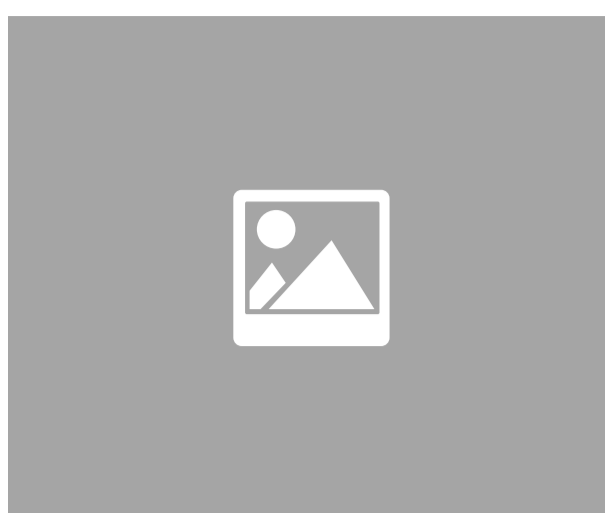
Our Products



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[Buy Now](#)



Healthy Shape

Now you can get the shape you want with 100% natural Benefiber® Healthy Shape. Clinically proven to help you feel fuller longer.

[Buy Now](#)

Which Product Is Right For You?

Use this helpful chart to help you decide which product best fits your needs.

Benefiber Original [More Info](#)

- Made with prebiotic fiber that nourishes the good microflora in your gut, supporting digestive health.
- Cook with it, bake with it: You won't even taste it.
- Simple to use and fits any lifestyle.

Healthy Shape [More Info](#)

- Clinically proven to help you feel fuller longer. Beat those cravings and get the shape you want!
- Completely dissolvable—perfect for your morning coffee or orange juice.
- Helps you consume fewer calories.

\$2 OFF BENEFIBER®

[Get Coupons](#)

The Benefiber Difference

	Benefiber	Metamucil	Healthy Shape	Meta Appetite
Clear	X		X	
Taste-free	X		X	
Dissolves completely	X		X	
Non-thickening	X		X	
100% natural ingredients	X		X	X
Sugar-free	X	X	X	X
Proven to curb cravings			X	X

Learn More About Fiber

Fitting in the Fiber: It's Easier Than You Think

[Read Article](#)

How Fiber Helps Curb Hunger

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Good Balance: The Key to a Healthy Gut

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Our Products



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\$2 OFF BENEFIBER®

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The Benefiber Difference

	Benefiber	Metamucil
Clear	X	
Taste-free	X	
Dissolves completely	X	
Non-thickening	X	
100% natural ingredients	X	
Sugar-free	X	X
Proven to curb cravings		

Learn More About Fiber



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Template 7: Product Detail Page

- Further information on a **selected product**.
- Goes into **instructional** and **nutritional** details on the product.
- Provides information on the different **sizes** and **flavors** available for the product.
- Shows **reviews** from existing customers and allows the user to **write** their own review.



Benefiber Original

★★★★★ 4.7 (272 reviews) [Read 272 Reviews](#) | [Write a Review](#)

[Get Coupons](#)
[Where to Buy](#)

Clear, taste-free Benefiber® is 100% natural prebiotic fiber that nourishes the good bacteria that exist naturally in your gut.



Dissolves in Beverages



Gluten-Free (less than 200ppm)



Great for Cooking



Sugar-Free

How to Use

For ages 12 and above, stir 2 teaspoons (or 1 stick pack) of Benefiber® Original into 4-8 oz of beverage or soft food (hot or cold), three times daily. Stir well until dissolved (up to 60 seconds). Not recommended for carbonated beverages.

For ages 6 to 12, use half the recommended dose. For under 6 years, or if you are pregnant or nursing a baby, ask a health professional before use.

Keep Benefiber® Original out of reach of children.

Supplement Facts

Serving Size: 2 tsp (4g)

Ingredients: Wheat dextrin	Amount Per Serving	%DV#
Calories	15	
Sodium	0g	0%
Total Carbohydrates	4g	1%
Dietary Fiber	3g	12%
Soluble Fiber	3g	†
Sugar	0g	†

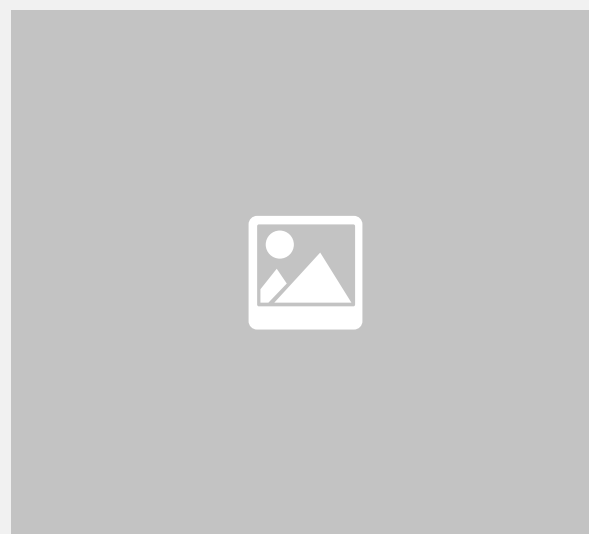
#Percent Daily Values (DV) are based on a 2,000 calorie diet.
†Daily Value not established.

On the go? Try stick packs!

If you lead a hectic life, Benefiber Original Stick Packs can help you get your fiber fix anytime, anywhere! Just add one stick pack to a standard water bottle, and you're ready to go.

For ages 6 to 12, use half the recommended dose. For under 6 years, or if you are pregnant or nursing a baby, ask a health professional before use.

Keep Benefiber® Original Stick Packs out of reach of children.

[Get Coupons](#)
[Where to Buy](#)


Need flavor? Try Kiwi Strawberry!

Supplement Facts

Serving Size: 1 packet (6.2g)

Ingredients: Kiwis, strawberries	Amount Per Serving	%DV#
Calories	20	
Sodium	0g	0%
Total Carbohydrates	5g	2%
Dietary Fiber	3g	12%
Soluble Fiber	3g	†
Sugar	0g	†

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†Daily Value not established.

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[Where to Buy](#)

Want to Feel Fuller Longer?

In addition to Benefiber Original, we also offer a product called Healthy Shape, clinically proven to make you feel fuller longer.

[Healthy Shape Products](#)

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When and How to Use Fiber Supplements

[Read Article](#)

The Emerging Science of The Gut-Brain Connection

[Read Article](#)

How Fiber Helps You Avoid Overeating

[Read Article](#)

Review Snapshot

★★★★★ 4.7 (272 reviews)

Rating Breakdown



94% of respondents would recommend this to a friend.

Most Liked Positive Review

This is such an easy and pleasant way to add much-needed fiber to my diet. I simply add it to my morning orange juice, which does not effect the taste in any way.

Write Your Review

Reviewed by 181 customers

Sort by [Newest](#) ▼

By Lindagb54
From Cary, NC

(88 of 120 customers found this review helpful)

1/05/2016

★★★★★ 5.0

Benefiber Supplement

This is great stuff! I was a bit nervous about trying it - afraid it would taste yucky, but it didn't! It has no taste at all. I added it to juice and smoothies and it was delicious! Will definitely keep a supply of Benefiber in my home. Super pleased with the product.

Bottom Line Yes, I would recommend this to a friend

Was this review helpful? [Yes](#) / [No](#)

You may also [flag this review](#)

By secretagentgirl
From Plantation, FL

(88 of 120 customers found this review helpful)

1/05/2016

★★★★★ 5.0

Ninja Fiber!

Adding a spoonful of Benefiber to my water bottle, smoothie or even my coffee is a super easy way to boost my fiber intake, and the type of fiber in Benefiber is actually good for gut health.

Bottom Line Yes, I would recommend this to a friend

Was this review helpful? [Yes](#) / [No](#)

You may also [flag this review](#)

By julie55558
From San Gabriel, CA

(88 of 120 customers found this review helpful)

1/05/2016

★★★★★ 5.0

Benefiber Rocks

I really love using Benefiber Fiber Supplement you can mix it in your food or in your favorite drink it dissolves quickly and its easy to drink, this is great for me and I have recommended it to all my friends and family

Bottom Line Yes, I would recommend this to a friend

Was this review helpful? [Yes](#) / [No](#)

You may also [flag this review](#)

By EJBoyle1
From Winston Salem, NC

(88 of 120 customers found this review helpful)

1/05/2016

★★★★★ 5.0

Benefiber Rocks

I think this product is excellent! Unlike some other fiber powder mixes that thicken when added to liquid, this one does not change the consistency of your drink. It is very easy to dissolve and is taste-free. You get all the benefits of fiber without even knowing you're drinking it. I'd purchase this to drink daily. It is also cost effective as you only need one teaspoon or two a day so one container will last a long time. I will continue to use this.

Bottom Line Yes, I would recommend this to a friend

Was this review helpful? [Yes](#) / [No](#)

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Benefiber Original

★★★★★ 4.7 (272 reviews) | [Write a Review](#)

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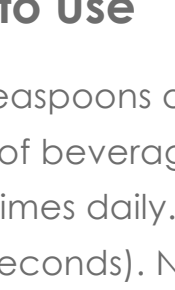
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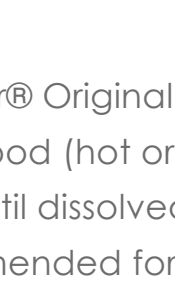
Dissolves in Beverages



Gluten-Free (less than 200ppm)



Great for Cooking



Sugar-Free

How to Use

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For ages 6 to 12, use half the recommended dose. For under 6 years, or if you are pregnant or nursing a baby, ask a health professional before use.

Keep Benefiber® Original out of reach of children.

Supplement Facts

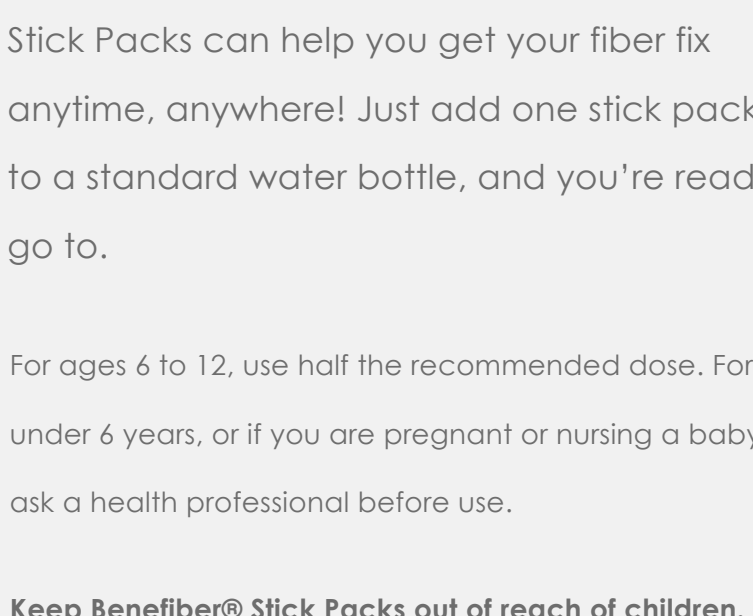
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<i>Ingredients:</i> Wheat dextrin	Amount Per Serving	%DV [#]
Calories	15	
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Total Carbohydrates	4g	1%
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On the go? Try stick packs!



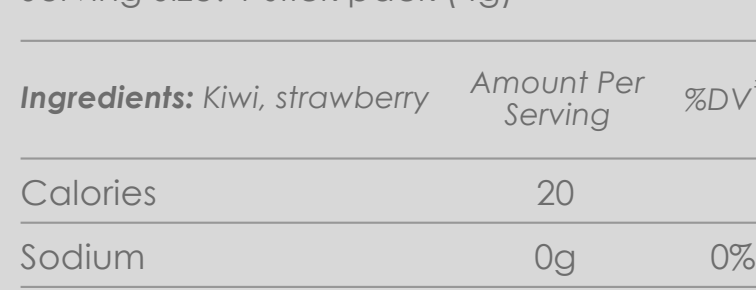
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[Get Coupons](#)

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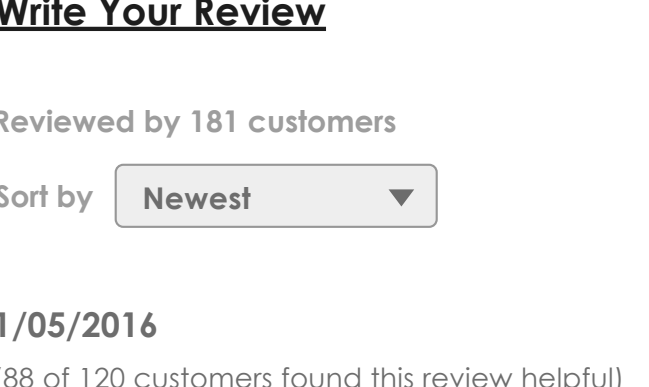


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Write Your Review

Reviewed by 181 customers

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1/05/2016
(88 of 120 customers found this review helpful)

★★★★★ 5.0

Benefiber Supplement

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Bottom Line Yes, I would recommend this to a friend

Was this review helpful? [Yes](#) / [No](#)

You may also [flag this review](#)

1/05/2016
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Was this review helpful? [Yes](#) / [No](#)

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Template 8: Search Results Page

- **Listing** of all content pieces that correspond to the search query placed.

Search Results For: *probiotics* (44 results)

[SEARCH](#)

GUT HEALTH 101

What is Gut Bacteria?

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nam quis nibh vehicula, sagittis dui a, faucibus ex. Nullam tristique.



GUT HEALTH 101

9 Things Hurting Your Gut Health

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nam quis nibh vehicula, sagittis dui a, faucibus ex. Nullam tristique.



FIBER & WELLNESS

How Digestion Changes As We Age

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GUT HEALTH 101

The Key to a Healthy Gut

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GUT HEALTH 101

The Emerging Science of The Gut-Brain Connection

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GUT HEALTH 101

The Role of Gut Flora

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