

Fiber Intake | Net Carbohydrates Intake

Fiber Intake

Fiber supports digestion and gut health. The range is consistent across LBM and activity levels, based on general recommendations:

- **Standard**: 25–35 g/day. Higher fiber may be needed for larger individuals or to counter constipation.
- **Note**: Ensure adequate water intake (80–100 oz/day) to support fiber digestion.

Lean Body Mass (lbs) Fiber Range (g/day)	
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100	25–35
125	25–35
150	25–35
175	25–35
200	25–35
225	25–35
250	25–35