

# 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	

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