

Calmer Fiber Trial Checklist

Use this before you add another fiber product, powder, or food strategy.

Before You Start

- I know the dominant problem is constipation, bloating, or both
- I am changing one main lever at a time
- I have a simple symptom tracker ready

What I Am Testing

- a gentler gel-forming or stool-support fiber
- a food-first fiber pattern
- a more fermentable prebiotic-style input
- a concentrated blend or add-in

What I Need to Track

- stool frequency
- stool form
- gas or fullness
- visible distension
- pain or cramping
- meal context and portion size

Caution Signals

- I already react badly to chicory root fiber, inulin, or FOS
- I am stacking several new foods or products at once
- I am using a product label instead of clarifying the symptom pattern
- bloating is already intense before the trial begins

Stop and Reassess If

- symptoms clearly worsen
- pain escalates instead of settling
- I cannot tell what changed because too many things were added together
- the situation includes bleeding, vomiting, severe constipation, or inability to pass stool or gas

Bottom Line

Run the calmest experiment first. A readable trial usually gives better answers than a louder one.