

- [54] **INGESTIBLE, HIGH DENSITY, COMPRESSED-TABLET FIBER-COMPOSITION**
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- [58] Field of Search **426/285, 804, 658, 615, 426/454, 573**

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[57] **ABSTRACT**

An ingestible, high-density compressed-tablet fiber-composition having a high dietary fiber content is prepared by blending at least one high fiber source with a microcrystalline cellulose compression aid; mixing water with the blend at a rate ratio of about 1.5:1 to about 2.5:1 based on the weight of water to the weight of the blend, for a time sufficient to form a cohesive, deformable, plastic mass; drying the plastic mass and milling the dried product to recover granules having a particle size of about 125 to about 840 microns; blending the granules with a tableting lubricant and compressing into a high-density, high fiber tablet.

22 Claims, No Drawings