

- [54] **INGESTIBLE, HIGH DENSITY, COMPRESSED-TABLET FRUIT FIBER COMPOSITION**
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Related U.S. Application Data

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- [52] **U.S. Cl.** 426/285; 426/615; 426/454; 426/804; 426/658
- [58] **Field of Search** 426/285, 804, 658, 615, 426/454, 573, 577

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[57] **ABSTRACT**

An ingestible, high-density compressed-tablet fruit fiber composition having a high dietary fiber content is prepared by blending at least one fruit fiber source preferably apple fiber, having a maximum starch content of about 25%, 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; 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. The low starch content provides for increased hardness and structural tablet integrity with less compressive force, thereby producing high quality tablets.

24 Claims, No Drawings