

The Truth Behind Fibermaxxing: Best Practices, Risks, Realistic Targets

5 MIN READ

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BY HEATHER HURLOCK

Longevity researchers call fiber a super-ingredient. How much is too much and what's the safest way to get it?

Fiber is quietly one of the most powerful levers for healthspan. When done right, boosting fiber intake improves gut health, lowers inflammation, helps regulate weight, and even reduces risk for cardiovascular disease and certain cancers. But the idea that “more fiber equals better” is a belief that can lead to frustration, discomfort, or worse if applied blindly.

Fibermaxxing is trending on social media right now, and people are loading up on fiber (25 to 38 grams a day) from whole grains, legumes, supplements, and “fiber-fortified” products. While this might sound dramatic, it’s actually the recommended amount of fiber we should be getting in our diets. The problem is, most of us don’t even come close.

What the Science Really Says About Fibermaxxing

“Fibermaxxing is something I’ve been exploring myself,” says Linsly Donnelly, **longevity expert**, citizen scientist, and Super Age advisor. “I have trouble getting enough fiber in without a fiber supplement, and I’m targeting 25-30 grams.”

On average, people in the US consume about **15 grams of fiber per day**, well

below the recommended 25 to 38 grams. A substantial body of peer-reviewed research confirms that higher dietary fiber intake is associated with multiple health benefits.

- ■ Boosting fiber **improves metabolic health**, enhances insulin sensitivity, supports cardiovascular health, promotes colon health, and lowers mortality risk.
- ■ Each additional 5 grams/day of total dietary fiber is associated with lower levels of inflammatory markers (e.g., C-reactive protein), according to a **JAMA Network Open**. Cereal fiber in particular was linked to reduced cardiovascular disease risk.
- ■ Increases in dietary fiber (total, cereal, whole food sources) decrease risk of type 2 diabetes, obesity, colon cancer, and chronic inflammation, according to a 2024 study in ***Frontiers in Nutrition***.

At the same time, **research shows** that increasing your fiber intake too fast, and loading up with extremely high fiber levels, can cause GI issues: bloating, gas, abdominal pain, constipation, and even interrupt mineral absorption.

How Much Fiber Is Too Much? Key Risks Explained

Here are the core risks according to the literature, so you know what to watch out for:

- ■ **Digestive discomfort**: gas, bloating, cramps. Often triggered **when fiber increases** too rapidly.
- ■ **Constipation or even intestinal blockage**: rare but serious, **especially if fluid intake is low** or if there are predisposing GI issues.
- ■ **Reduced absorption of minerals** (calcium, magnesium, phosphorus). **Some research** suggests this can occur under some conditions, especially when fiber binds them or when intake of those nutrients is marginal. Supplementing vs. whole food sources may also play a role.

Disruption of gut microbiome balance: Overloading on one type of fiber (or processed/supplemented fiber) could favor the growth of some bacteria over others, according to Stanford research, possibly leading to an imbalance in fermentation, gas production, or other unwanted effects.

Realistic Targets and Best Practices for Fibermaxxing

Here are evidence-based guideposts for how much fiber to aim for, what kind, and how to ramp up.

- **Measure how close you are to the daily recommended fiber intakes.** These are the standard dietary guidelines in the U.S. and many other countries:
 - **Women under 50:** ~25 grams
 - **Men under 50:** ~38 grams
 - **Women over 51:** ~21 grams
 - **Men over 51:** ~30 grams
- **Balance your fiber types:** Soluble fiber (e.g. oats, legumes, some fruits) helps with blood sugar and lipid regulation; insoluble fiber (whole grains, vegetables with skins, seeds) supports stool bulk and motility. The balance matters.
- **Increase gradually. Experts recommend** moving from very low fiber (for example 10-15 g/day) to recommended levels should happen over weeks so gut microbiota can adapt without severe symptoms.

Keep hydrating: “The higher the fiber intake, the higher the water intake should be because there is a risk of dehydration,” according to a landmark review. Fiber works by absorbing water; without enough fluids, high fiber can lead to hard stools or even blockage.

How to Try Fibermaxxing Safely

“You don’t want to overdo it,” says Donnelly. “It’s something you have to build up to and get re-acclimatized to. “Avocados can be a nice way to add in healthy fats, too. Green apples have been another savior for me. They’re high in fiber and low in sugar, the perfect combination,” says Donnelly.

Here are some actionable steps you can take this week to move toward smart fibermaxxing. These are tools to pick up and integrate, not mandates.

1. Start with a Baseline Check

Spend three days tracking everything you eat. Use a food journal or app. Note how many grams of fiber you consume daily. Also note bowel movements, bloating, and digestive comfort. This gives you your starting point and clarity.

2. Pick Two Fiber-Rich Whole Foods to Add Regularly

For example:

- ■ Legume option: beans, lentils
- ■ Whole grain option: barley, oats, brown rice
- ■ Veggies with skins (if tolerated)
- ■ Fruit with fiber: apples, berries, pears

Aim to add one new source per week so your gut and schedule can adjust.

3. Set a Weekly Increment Goal

If your baseline is under 20 grams/day, aim to add 3 to 5 grams/day each week until you reach 30-35 grams/day. If you're already near that, decide whether pushing further is worth it based on how you feel (energy, digestion, fullness, and nutrient status).

4. Monitor and Adjust for Comfort and Function

Watch for bloating, gas, and changes in stool consistency. If these get uncomfortable, pause at your current fiber level and hold until things settle. Possibly reduce fiber a bit, make sure you're drinking a lot of water, then resume more slowly.

5. Prioritize Whole Foods; Use Supplements selectively

Whole foods deliver fiber plus micronutrients, phytonutrients, and a diversity of fiber types. If you use supplements or fortified foods, rotate sources and keep doses moderate. Always read labels to avoid excess additives or hidden sugars.

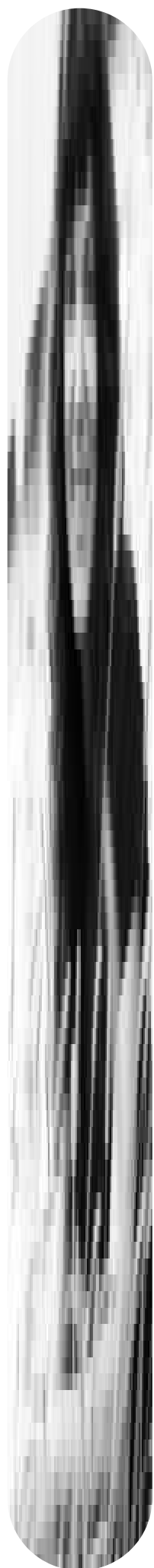
Fibermaxxing with Balance Is a Mastery Move, Not a Race

Here's what matters: fibermaxxing is a tool, not a trophy. The biggest wins come from steady, balanced increases from whole foods, paired with hydration, varied fiber types, and attention to how your body responds.

If you're thinking about pushing fiber higher than "standard high" levels, do it with your physician's guidance (and lots of water). Listen to your digestion. Adjust. And know that the longevity gains of fiber are real, but they come from intention, nuance, and consistency.

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WRITTEN BY:



Heather Hurlock