

Thursday, November 22, 2007

## **Fiber One Bars make me Fart**

Fiber One Fart Bars  
Fiber One = constant flatulence  
Step aside Kashi GoLEAN Crunch, and say hello to Fiber One Bars. Never, ever in my entire life, have I dropped as much ass as I do after eating these. I mean, check out the nutrition label, it speaks for itself!

I've done some research and evidently it's the chicory root that causes the gas. I don't know about all that, but I do know that the human body is not designed to do what it does after eating these bars.

Fiber One bars are yummy and chocolaty. Fiber One bars are also snacks that are forged in the depths of hell by Satan himself.

When I think back on the top ten loudest and longest farts of my life, I can honestly say 10 of them happened all at once about 2 hours after eating a Fiber One bar.

I conducted an unscientific test to see if others were affected like I was.

One person told me they farted so loud that they woke them self up in the middle of the night. Another told me that her drug free childbirth was much more comfortable than her brush with the Fiber One bar.

Terry Schiavo would have run out of the room with some of the gas that I've had.

I would be interested in other people's experiences with Fiber One bars. Post them here.

-----Update 2-11-09-----

After sending a note to General Mills pointing them to this post, I received an email back from them. At least it's cool they have a sense of humor.

Dear Mr. Farts Alot:

Thank you for contacting General Mills and sharing your humor with us. I shared the website and it gave us a great laugh for the day.

Thank you for using our Fiber One products and have a great day.

Sincerely,

Imee B. Roberts  
Consumer Services

-----Update 8-14-08-----

I am obviously not alone.

Let's start posting actual recordings of your actual farts here on this thread! Please record your greatest Fiber One farts via any means necessary! (Recorder, cell phone, computer mic, etc). I will post them here! It will be a GAS!

Please convert your fart sounds into any readable computer format (.wav, .mp3, etc) and email them here.

I will "pass" the credit onto the "end" user. Don't be lazy! Record your Fiber One farts!!!

Posted by TK (Admin) at 15:37

My mom farts so loud, it is ridiculous, and I told her it was the bars.... and look, obviously its true- she is sitting here laughing at what you wrote.

Anonymous on Mar 18 2008, 16:15

I think I am the only guy to make it to the moon on just fart bars. These things are powerful.

Anonymous on Apr 4 2008, 11:56

I'm almost in tears as I read this. I've been eating these bars for a quick breakfast with fruit this past week. I've been so, umm, bloated and uncomfortable, I am unable to sleep, my husband is keeping his distance, as is the poor dog! Ahhhh, too much of a good thing... reminiscent of my bout with sugar-free chocolate bars, I don't know what's worse!!

Anonymous on May 27 2008, 18:04

Fiber will make you fart because your body is not used to that much of it, try eating whole grains for a few months, the gas will stop because you will become used to the fiber in your diet. its like drinking coke for the first time, you will feel very gassy. but once u drink it for awhile, the gas will ease.

Anonymous on Jun 5 2008, 19:42

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Listen dude, it is NOT the fiber.. The dietary fiber (while at 9g) is not nearly as much fiber as an average person has in a day. I could fast for 10 days straight; eat one Fiber One bar, and fart for hours. One could eat two gallons of Spaghetti, Two cups of Lentils, a gallon of Peas, a sack of Blueberries, a cart full of Bran flakes, a truck load of Oatmeal, two loaves of Rye bread, a bushel of Artichokes, and a barrel of oil full of corn and Turnip greens and not have as much gas as I do after one of these. There is something evil about them. They really defy all logic and all knowledge of nutritional information when it comes to fiber and farts. I don't care if you are a trainer, you are coming to some knee-jerk irrational assumptions about this hell-forged snack bar.

Anonymous on Jun 7 2008, 01:18

I too have been in complete tears and a stomach ache reading this page. I have two bulldogs who are notorious for passing some serious gas. But since my husband and I have started eating these Fiber One Bars, it sounds like the trombone section in a high school band! It has reached a level that is even louder and more stinky than our bulldogs! My husband is horribly bloated and complains that he can't stop passing gas. I can't even take two steps with out letting one go! They fall out at any given moment. Do you know how hard it is to squeeze your ass cheeks when you are working closely with people in order not to fart??!! We have sat across from each other my husband and I and actually had in depth conversations on how bad the gas is and how we wish the farting would just stop! These bars are so tasty-we even tried the caramel and oat ones. We are throwing them out-if they are here I will only continue to eat and continue to burn holes in my couch.

Anonymous on Jun 12 2008, 15:51

As I sit here with tears of laughter rolling down my face, at the stories you guys have wrote. I am glad to see it is not just me. Ever since I have started eating the Fiber One Bars I have never farted so much or so loud, not to forget the smell, in my life..And yes it is hard to hold the farts in when your in public or at work ... I just pray so hard that One does not slip out at work when I have customers in my office. Damn them bars they have to taste so good.

Anonymous on Jun 24 2008, 22:16

OMG I am crying, I am laughing so hard. I bought these last week and I loved them, I ate 3 the first day and had the worst gas of my life. then the next day the same, finally on the 3rd day my husband counted the farts, 105 in one day! he said I need to go to the doctor, they are the loudest and longest thing I have ever heard, gross I know. I figured maybe it was the bars? So here I come and see I am not alone, I cant stop laughing!!!

Anonymous on Jun 26 2008, 13:57

Ahhh, Google. What did I do without you? Before Google, I would have figured there was just something wrong with me. But after typing in "fiber one farts", I realize that I am not alone in this.

I type this as I sit in my own cloud of stench. It's not just the frequency of the flatulence that gets me, it's the odor. Man. The smell is like a combination of rotten eggs and despair.

But they're so tasty! I had one at work today and had to keep getting up and walking to the bathroom. Or, if I had just been in there and was embarrassed to re-enter so soon, I'd strafe the hallway and make a quick getaway. I can see the look of the guy who walked into that five minutes later (by the way, did I mention that these things linger for what seems like days. I'm sure my car will be befouled when I get in tomorrow morning).

Anyway, yeah, glad to know I'm not alone.

Anonymous on Jul 8 2008, 00:44

I bought the box of caramel bars. The first one I tried was soooo good and I had nothing else to eat... so I made the mistake of eating the entire box in a day. I just thought it was like an oatmeal bar, you know? Nothing wrong with downing the whole box.

YOU.DON'T.EVEN.WANNA.KNOW.HOW.WRONG.I.WAS.

Anonymous on Jul 15 2008, 12:53

ha bought these becuase i was having problems with bowel movements... and stimulents never have worked for me... so i figured fiber...g ood...

ate 4 the first day and finished the last one in the morning... couldn't understand why i had so much gas... other than maybe cuz i hadn't passed gas for almost five days.

ended up getting stomach cramps, such as before i ate the bars.. thought maybe my battle wasn't over... ate another whole box in basically one sitting... (they are addictivly good...) and now i realise that the pains i was having this time around were probably associated with the bars themselves and the huge amounts of gas that they create...

wow... these things really do come from the pits of hell don't they... damn you fiber one... damn you...

Anonymous on Jul 19 2008, 00:33

Well, kids, I'm a 50 year old man and I can identify with all of the testamonies. My 52 year old brother is THE expert on foods and drinks that cause the most gas. He's been aggressively researching food fun for over 40 years. HE (THE EXPERT) turned me onto these and DARED me to eat 2 and go on a long car trip. WOW! Ka-POW! Woooh!

THE EXPERT was right and so are all of you kids. Now I am turning more and more of my 50-something friends onto the sheer entertainment that Fiber One Bars provide. General Mills, please don't change anything in the formula.

Anonymous on Jul 25 2008, 14:27

Sweet Jesus I was starting to think I was crazy! I'm sensitive to some ingredients, like dairy and sugar alcohols so I usually stay away from things that aren't "all natural" and overall I'm a very healthy eater. I regularly eat over 24g [the recommended amount] of fiber each day - and have been eating Gnu Foods fiber bars, which have 12g of fiber in each bar. So PLEASE, everyone who keeps saying the gas is caused by the increased fiber intake, shut up.

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Never have I EVER had this much air inside of my body at once. It literally felt like someone attached an air hose to my bellybutton and pumped me with as much air as possible. And just when you let out a good 4 minute fart and think you're going to feel some relief, NOPE! Another little explosion in your stomach and there are 50 more farts lining up inside of you just waiting to burst out at the most inconvenient moment. I work in a very quiet office all day and let me tell you - if there is a hell - it's probably just the devil forcefeeding you one of these bars a day. Seriously, one bar and your insides will be exploding.

I swear, I can't even look at a box without farting now. I hate you fiber one.  
Anonymous on Jul 29 2008, 21:38

I'm not in trouble. My husband can't take my constant laughter over how much I'm farting. He farts probably at least 50 times a day if not more, every day. I have two days of around 400 farts from Fiber One, no joke and suddenly I'm trouble for laughing. I couldn't even make an exchange at the store today, it took five minutes. I've farted four times since I wrote this. It smells like something crawled up inside me and died.

Anonymous on Jul 30 2008, 00:29

My wife bought these for the first time a few months ago. I took one to school that first week and within a few hours, apparently the Dozers from Fraggie Rock set up shop in my colon and went to work with the jack hammers. Have I ever been in more pain...I think not. That was the last one I will ever consume. My wife on the other hand, tsk, tsk, tsk. She loves the flavor, and for her it's worth the pain she puts herself, the dog, the cat and I through to keep on buying and eating them. I think I even saw our Beta Fish choking following one of her gigantic vomit inducing fog horn-like butt trumpet solos. Please someone give me words that I may say to her to get her to stop. I threatened to throw them away yesterday and you would have thought I was trying to steal one of her kindeys. The thought of pulling a dutch oven while in bed isn't so funny when you know you'd be on the receiving end!

Anonymous on Jul 31 2008, 08:48

my sister Ally farts really loud and it smells and my dog gets scareed. i didnt write this as her sister. um shhhh!! i said it was cuz of the bars and she dosent beleive me and now im right! chica ya fake id fake id

Anonymous on Aug 4 2008, 20:37

That's what you get for eating crap. There is nothing healthy about this product ! All of the ingredients listed in excess will make anyone gassy, bloated and on top of that you will not be able to sleep at night. I am not gonna get into the details on the things they put in there, but let me make this clear.... IT IS NOT THE FIBER, I repeat "IT IS NOT THE FIBER". The problem is staring you right in the face.... Can anyone guess? W.... G..... Good luck!

Anonymous on Aug 7 2008, 22:32

This article is Soooo true. I've been researching about my wife's raunchy ass and discovered this article. As a matter of fact, while typing this she dropped another god awful bomb. The day she started eating these bars, was start of a daily inferno of gas that melts the wallpaper off my wall. Good luck guys who also have this problem God bless.

Anonymous on Aug 12 2008, 20:14

i LOVE these bars, except for what they make you do. but, i dont wanna stop eating them because theyre so good and they help keep me full and are healthy (my doc told me i need more fiber) but, will the farts ever end?? i work in a health care setting, so i just blame the patients for the bad smell. if i keep eating them, will my body get used to them?? please, say yes.

Anonymous on Aug 27 2008, 01:05

My wife and I give these to the kids to keep them regular. They think it's a treat. But, the trick is to limit your intake to one or two a day. Unbeknownst to us our youngest ate three at once while Grandma was watching him. Later that night his butt exploded like I haven't seen since diaper days. There was dried crap all down his leg, his underwear pretty much had a hole in the butt, and I swear the smell took a coat of paint off the walls.

Anonymous on Aug 27 2008, 11:03

This page is some of the funniest shit i've ever read, the way my day is going i definitely needed this! This morning when my co-oworker Stewart told me that he farted 6000 times yesterday i called B.S. then it happened i walked directly into his trap. I ate a carmel fiber bar and damn it tasted gooooood. I ate this thing agbout four hours ago and the last two hours i ve farted maybe 100 times already at first i thought it was cool b/c there was no smell but as the day has progressed between he and i it smells like a dead body in the office. I swear i just layed a rotten egg... ugh and i planned on going out tonight... NEVER AGAIN FIBER ONE DAMN YOU !!

Anonymous on Aug 28 2008, 15:49

I started to call Fiber One bars fart bars long before I came to this site. The first time I Google it, I find these hilarious stories; so I will share one of my own. I have been eating these bars on and off since they came out. My girlfriend really likes the taste so she always buys them. The only draw back, continuous and uncontrolled farting. I had the misfortune of eating two bars at work during a break. Two hours late, BOOM! A giant gas bubble formed in my stomach and the farts began. If I couldn't stealthily muffle the rumbling sounds with my chair, I had to run to the nearest stairwell to avoid total embarrassment. The smell was unbelievable, truly the devils work. If you have someone you really want to embarrass, pass them one of these.

Anonymous on Sep 5 2008, 20:04

A very sad coincidence. I HAPPENED to buy Fiber One bars at the grocery store the very same week I HAPPENED to decide to try Yoga for the first time. Not good. Not good at all.

Anonymous on Sep 10 2008, 15:59

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Love the stories....I was on a x-country flight and brought a couple Fiber One bars on board to tide me over. The farts started about an hour into the flight and kept coming with a vengeance. Mind you, I was in a middle seat and was afraid to move in the event that the noxious cloud would send someone into shock. I could tell that the poor lady in the window seat next to me was suffering, but I carefully avoided eye contact. I have never felt more helpless and shameful all at once.

Anonymous on Sep 10 2008, 19:05

Is it wrong to buy a box of fiber one bars...and use it as a booby trap at parties? Because I did...no one ate any yet but breakfast comes early...just wondering how well these bars will go over with a hang-over...should be interesting hearing about it later...yes I am evil...and yes it should make for a good story to tell.

Anonymous on Sep 13 2008, 23:59

I don't understand what General Mills is doing to us. These things are so, so tasty. They really are. I could almost never bother with candy bars again. HOWEVER, the gas they produce is epic! I feel so bad for the girl who sits next to me at work. I've been polluting her workspace for almost a week now. She did take today off. Hmmm...It's like, I know that I'm gonna get gassy and smelly. But I can't resist because they taste so good and stave off my hunger. The only thing to do is a coffee enema chaser. Pop a FiberOne bar, get your gas started, and then have a cup of black coffee. Maybe it will speed up the elimination process for you like it does for me. Damn it, I smell so bad.

Anonymous on Sep 26 2008, 14:29

I ran across this site some time ago and laughed my ass off at the expense of everyone who has experienced fiber one bars. Then my dad came home today with a huge box of fiber one bars from Sams! I immediately laughed and told him how much they were going to make him fart and made sure to stay far away from the, still somehow appealing, treats. Hes in the medical field and read the ingredients and said the reason why it is making everyone fart so much is because one of the main ingredients is "chicory root extract", something he says is also used prominently in laxatives. Just thought you guys might want some insight into the gas mystery. ;}

btw the last two letters of my capcha i have to solve for this comment are "P U"

Anonymous on Oct 2 2008, 14:31

I do love these bars but they make me fart something a lot. I've decided to fart into fruit jars and seal them up and save them until I can figure out a way to use this gas to power my house or car

Anonymous on Oct 4 2008, 22:24

That is the funniest thing I have read in a long time. You gave me an asthma attack at work and I had to go home for my inhaler.

I started eating these a couple of weeks ago. The first night I woke myself (and my wife) up with an errant fart in the middle of the night. Last night I was up three times with the longest / loudest farts I have ever had. I ate two yesterday and one today before I read this...I am throwing the box away when I get home.

Too bad too...cause they tasted sooo good.

Anonymous on Oct 7 2008, 15:22

This is alchemey 101 my friends. You have only scratched the surface. If you are ready to take it to the next level, if you are ready to meet your master, if you are Luke in need of Yoda, if you are the Karate Kid in need of a Pat Moriarty, if you are Rocky searching for your Adrian, than my friend come to me. I have been experimenting with Fiber One Bars and cereal for many years now. It's not just about volume and decibels, it's about the fragrance. It's about what we can do to other people's olfactory receptors. I have found, through diligent testing recording and analyzation of different fiberous combinations, that one is given the ability to actually influence others, to get them to do your bidding. For instance, those that wish to titilate by sheer noise let me suggest starting the morning off with equal parts Fiber One cereal and Kashi Go Lean Crunch cereal. Within 200 to 240 minutes you will produce what my Scottish apprectice called 'The Winds of the Moors'. For those of you seeking a night of amorous adventure and wish to be assured of success I suggest a half bowl (reduced intake gives user ability to regulate output) of Fiber One with a quarter cup of blueberries, quarter cup of strawberries, and an almond Hershey Bar. Recommended consumption time 240 to 265 minutes before intended seduction of spouse or significant other. A Caveat if you will - this combination of aphrodysical ingredients must not be taken lightly. Intended Subject response is immediate and intense. It might be helpful if all Viagra users adjust doseage according to plan and if intending to use in public, be warned that you may be held responsible by the FBI (flatulent board of inquiry). A special recipe for those with an inclination towards arsony. Of course pure volume is essential so I recommend 2 cups of Fiber One, 2 cups of Go Lean Crunch, followed by 1 cup of baked beans mixed with quarter cup of jalpenos, and diced onions to suit. Bring to boil and consume 10 minutes after cereal intake. Here I must add my stongest caveat. 120 - 140 minutes after intake of ass fuel, it is essential that you use a petroleum product and coat the end of the firing muzzle. This will affect kick-back somewhat and have a silencer type effect on firearm discharge. For those of you that are not comfortable reducing firearm noise (you know the type of kid that used to run around the neighborhood making tommygun noises) you can take the chance and not use protection but I will not be held accountable to any damage done to muzzle end. Tearing or fraying of tissue is not uncommon!!! Please ignite ass-muzzle ten to fifteen feet from all combustionable material, do not I repeat, do not point ass-muzzle at others. Do not ignite in presence of younger children, kittens, puppies or fraternity brothers. Do not wear silk shirts, blouse, underwear, or other flammable material. It would be wise to keep extinguisher at hand. For those that wish to take their farting to a new level, I offer you course on all levels of study. Get you Bachelors of Gastro Intestinal Disruption, or a Masters in Posterior Emissions, for those who wish for a Doctorate in Ass Alchemy, I will be accepting feces disertations. Yours, the Fandorf the Wizard.

Anonymous on Oct 10 2008, 12:00

I have known the after-effects of eating Fiber One bars (a true weapon of a\*\* destruction) for some time. My wife introduced me to these and not long after we began to notice that there was a gas cloud rising from her underwear after each bar. Not to be outdone, I started eating them as well and soon I could compete with her on a toot-for-toot basis. My boss eats these and we have discussed their interesting effects many times. Earlier this week my Department had our annual Thanksgiving Luncheon Pot-Luck. I purchased two boxes of the Oat and Almond bars. I took each bar out of its package and broke them into quarters. I then rolled them into balls and sprinkled them with mini-butterscotch kisses and then set them out on decorative holiday plates. Our luncheon went very well

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and after we finished about half of us went into closed-door budget meetings. About two hours later people were starting to run in and out of the conference room every few minutes. After a while everyone gave up and just endured the smell, in order to complete the job. I found out later that two other people went to a CPR class conducted by Safety. A couple of people figured out what had happened and gave me hell about it but most didn't have a clue. Several people have asked me for the recipe. I guess I should feel guilty but I don't. My wife wonders how I could be 49 years old and still think this was funny. Personally, I will laugh about this until I die. If people figure out what happened that day may be soon.

Anonymous on Nov 26 2008, 14:26

It was so cruel how this bar gave me the most agonizing stomach ache at work today. I couldn't leave my desk because I was in the middle of an online conference. It hurt so bad that I wanted to cry because I was too embarrassed to relieve myself.

Anonymous on Dec 11 2008, 22:16

these bars looked so tasty in my work vending machine.

i'm paying now.

i feel like dying.

Anonymous on Dec 29 2008, 17:56

It's so comforting to know that I am not alone.

These bars have made me fart so loud that my cats jumped up in fright, looked at each other a me in disbelief, and high-tailed it out of the room. One time on a business trip, I ate one in a hotel room and I swear to God I let one rip that created such tremendous reverberations that I'm sure it was heard and felt all up and down the hall and in rooms nearby. I have actually awakened my own self with blasts that have happened in my sleep. What the hell are they putting in these bars?

On the bright side, there is a medicinal purpose for these bars... my best friend brought me some while I was recovering in the hospital after having had surgery. In case you don't know, when you have major surgery your whole system slows down and they won't put you back onto food until you pass gas. Well, based on our past experience, we both knew that these bars could be depended on to get that job done fast. I would have been laughing so hard if it didn't hurt so much. The nurses on the surgical floor vowed to keep some around in case others needed help. I happily donated the rest of my box.

They are so delicious... but I have sworn off them for the good of the rest of mankind.

Anonymous on Jan 3 2009, 23:48

These stories are extremely humorous. Have not tried these and because of what I've read - I won't!! For those of you who wish to continue eating these, here's an idea - why not take some anti-fart pills, such as Beano (may have to ingest the whole bottle), at the same time you consume a Fiber One bar?? Maybe that will offer relief!!

Anonymous on Jan 12 2009, 14:28

9 Am this morning my sister ate a delicious Carmel and Oats Fiber One bar, and 2 hours post ingestion we began to notice a very consistent stench within her vicinity. Once we acknowledged that she was the culprit of the horrific stench, she was not afraid to hold back. She was shameless in claiming the many loud farts. I heard the word "safety" over 100 times while we were sitting on our shared bed (which i am not sleeping in tonight). She felt the smell lingering around her all day and she showered twice in a four hour period. Upon arriving to work she texted me saying... "omg i just had the worst diarrhea. i am suing the Fiber One company. i shit you not (no pun intended)." We were all very curious off the updates over the course of today. We made sure to inform the entire family about her reoccurring flatulence. My mom diagnosed her with some far-fetched stomach disease, but after introducing her to the real truth (this website), she is well aware of their effects and will not be tempted to indulge in them before any social interaction.... We are still awaiting her return home, and we think this may prevent her from a very uncomfortable school experience tomorrow.

Thank you all for sharing all your encounters with these deliciously deadly treats.... ill admit i couldn't breathe i was laughing so hard.

Anonymous on Jan 12 2009, 21:05

Holy shit (literally), I wish I would of come across this site before downing 2 of these bars for breakfast. On the bright (but mush smellier) side, with the help of a portable wind turbine to strapped to the seat of my chair I'm able produce some "green energy" for the entire office with pungent, warm "Santa-Ana" like winds flowing out of my hairy canyon...

Anonymous on Jan 14 2009, 18:27

I am crying right here at work! You guys are so funny. I was looking for some idea of how to relieve myself of the pain and embarrassment when I came across your info. Unfortunately I just bought TWO boxes of 15 (on sale). I will not be eating another one. Anyone interested?

Anonymous on Jan 15 2009, 18:30

Yay Google. I typed "gas from fiber" and it populated the search bar with "gas from fiber one bars."

DEAR GOD IN HEAVEN, WHAT IS IN THESE THINGS???? It is positively inhuman!

All kidding aside, I wonder if there is something in these bars that is very unhealthy. I eat a lot of fiber, and I do not have gas like this. EVER. IN MY LIFE. No. Never. NOT EVEN CLOSE. Even in times during my life when I have been sick I have never passed gas like this!

I am not going to eat these things anymore. They can't be good for me!

Anonymous on Jan 21 2009, 15:36

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I ate a bar last night, and a bar this morning with breakfast. Then I went to the gym. Much to the dismay of my fellow patrons, I ran 6 miles on the treadmill, and then left, bowing my head in shame. Tomorrow I shall return with individual handwritten apologies to all the regulars.

Anonymous on Jan 22 2009, 15:38

I am experience agonizing Fiber One pains as we speak. I work in a very small office and have had to rip ass so many times just to keep my bellow from imploding. But there so tasty.....

Anonymous on Jan 23 2009, 15:53

OK...in case you don't believe it, these bars are truly EVIL!!! I saw them in the grocery store and decided to try them. They were so good that I ate 2 more that day. About 3 hours later, I started to fart...not poots, but honest-to-goodness FARTS. You know...hot, wet, and so smelly that you have to get up and leave, which just ensures that you end up crop dusting the entire area that you walk in. Seriously, this is no joke. If you try them you'll either love the results (if you are a psychopath) or you will agree with me...a class action suit is in order.

I got a phone call today - it was my ass telling me to please stop eating these things. I'm sure it will take weeks to get the smell out of my colon. It makes me sad, but at the same time impressed.

As has been said before, remember, "The first rule of FART club is...you don't talk about FART club!"

You stay gassy, San Diego!

Anonymous on Jan 24 2009, 01:06

Aha, I am glad i found this support group.

I, too, have been victimized by these deadly bars.

the thing is they are so good! Now, it's worse cause, i knowingly eat them despite the expected outcome. it just goes to show how evil these bars really are.

anyways, after being forced in my methane gas bubble for a couple of hours, as a good engineering student, I asked: why not reuse this energy?

there is a lot of methane in our farts and methane is useful for a ton of things so why not "sequester" the gas and use it to something else than giving us headaches and family drama?

if you look for "fart into energy" in youtube, you'll see it's possible to generate enough energy to turn a small engine and fan.

so as fart #1 generates energy to to turn the engine, sequential fart # 2 (that one you'd thought would take longer to arrive) will be blown away!

the problem is sequestering these farts would be such a hassle given their frequency. i guess a hose connected directly would solve the problem. not very comfortable, i would imagine.

anymore ideas?

Anonymous on Jan 24 2009, 16:01

I've tried Fiber One bars, and yes, they are yummy and will give you gas. But nothing, I stress, NOTHING has given me the chronic gas I've experienced tonight after consuming a whole jar of Smucker's sugar free fudge sauce. The stench and frequency of farts PALES BY COMPARISON!!!! The cause - sugar alcohols!!! The smell is absolutely deadly and I'm farting every 2 minutes, no kidding. I sound like a machine gun and smell like a hog confinement. Good thing I live alone or I'd be kicked out of my own house and forced to sleep in the garage. So my friends, this a warning - please avoid anything containing more than 6 grams of sugar alcohols or you (and those around you) will pay the price. I need a gas mask and I'm on the verge of puking from the smell of my own farts!!

I'm laughing out loud reading some of these stories - it's a good thing we have a sense of humor!!

Anonymous on Jan 25 2009, 01:26

OMG, my wife is threatening to divorce me if I don't stop farting. We started weight watchers and eating Fiber One bars. I love the taste of them, they're low in points but make me fart like crazy. My farts smell so bad she has to sleep with vics vapor rub on her nose and even that isn't cutting it anymore. I can't even stand to smell them myself, usually not a problem. Too funny.

Anonymous on Jan 27 2009, 19:02

I eat these bars and have no problems...no more farts than normal for me. My wife on the other hand, LOOK OUT! She literally woke herself up from farting. I really thought she was crazy until I came across this site. She thinks its the chicory root extract...with it being the first ingredient listed, it has this ingredient the most. Glad to see she isn't crazy.

Anonymous on Jan 27 2009, 22:06

oh my god my mom bought a box of 30 at costco and i ate 6 the first day because i was hungry and was scared of dying in my sleep from my intestines splitting. I have grown smarter now and space them out to a bar a day.

Anonymous on Feb 1 2009, 16:46

i just had a fiber one bar. i have three roommates and our windows will be closed. tonight will be epiccccc. letz go

Anonymous on Feb 3 2009, 00:08

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These fiber one bars haven't quite possibly made me experience the most horrendous and frightening gas I have ever experienced. Not a novice to farting, I was very surprised with the effect of the bars. After eating one as a night time snack and cuddling into bed to read, I soon discovered a horrific stench seeping underneath the comforter. My first instinct was to tuck the blanket tighter around me, however this did nothing to contain the smell. My roommate, whose bunk is right beneath mine, was assaulted by a wave of this horrible smell about every 2 min. Although I apologized profusely, it did nothing to make up for the gas chamber that had now become our room. I'm surprised she didn't die of asphyxiation in her sleep. Never again will I indulge in another fiber one bar, they are far too dangerous!

Anonymous on Feb 3 2009, 00:13

I googled fiber one bar farts and was 'relieved' to find this page. I'm so glad it isn't just me that's plagued by fiber one farts. My boyfriend hasn't even let me sleep at his house because my gas had been waking him up repeatedly. He told me it's either the fiber one bars or he's leaving me... boy I'm going to miss him

Anonymous on Feb 9 2009, 14:07

I ate 2 of them bars today and I was farting all day. I had class and I couldn't hold it in they just popped out

Anonymous on Feb 9 2009, 23:16

My name is Spencer and I am a Fiber One addict. In fact, I'm eating one right now. Yes, I know my wife and I will be hot-boxing it under the covers tonight, but that's okay, cuz I think we on this blog are onto something: An epiphany came upon me the other night as I contemplated the endless stream of methane coming from my colon. There has to be a way to tap into this renewable resource. With FiberOne's being the catalyst in fuel creation, surely, our scientists could design a portable and easy-to-use device to capture this useable fuel that could in-turn power our cars and homes. If we increase the Chicory content, we could eventually combine our flatulence in powering factories and entire cities.

Come 'on people let's make lemonade from this bag of lemons. Call your congressman to get Obama to relegate some of that stimulus money to this cause.

Anonymous on Feb 10 2009, 17:21

I had one of these bars, just one, and then counted to 10. When I got to 8 my pants exploded.

Anonymous on Feb 12 2009, 16:04

My first experience with these bars was on a recent trip to Mexico. I had never tried them before, but I brought a box along for hotel room snacks. While in a rush to catch the plane home, I skipped breakfast and had a few bars. I may have slept on the plane, but my bowels were wide awake! The farts were so loud that you could hear them over the noise of the engines, and the odor was so strong that my girlfriend moved to another seat. I awoke to the sound of "good Gawd" coming from the woman in the row behind me. I surely ruined the trip for a couple dozen people.

I had never experienced anything like this before, and I was certain I had picked up some dysentery in Mexico. I was all ready to go to the doctor, but then it stopped the next day -- until my girlfriend started snacking on the bars and it started all over again. It took a couple days for us to put two and two together.

Anonymous on Feb 16 2009, 20:48

Oh my god! My mother and I were at Sams Club and was looking for some healthy. Well we came across these Ubberr looking good Bars. Come to find out after I was starving from not eating all day. I turned to one of these bars and noticed uncontrollable amount of gas coming from my butt. Thanks to Google I know what making my body do this! SOO giving these to my grandma. LMAO

Anonymous on Feb 17 2009, 02:10

Yes, these bars are Satan Snacks! I just started a diet and decided to buy these thinking they would help with weight loss so yesterday afternoon I ate 2 bars. Evening rolled around and I was making dinner. I must have farted last night 500 times if not more! These farts were NOTHING like the gas I had after my colonoscopy. I am a tiny person and "toot", but last night these farts were loooong and sounded like thunder! I swear I let this one loose that was so forceful I thought I may have even levitated! LMAO!!!!!! I farted ALL NIGHT LONG!!! Woke up to horrible gas pains and my ass has been throwing up ever since 7am. These bars are DENOMIC, what other bars can make you fart so bad to self levitation?????? My husband laughed at me all night and he farted as he usually does and I was happy to respond by saying "honey, I fold and raise you two" as I farted twice with confidence!!!!!! LMAO!!!!!! Yeah, these bars will be given to my mother in law in her "goody bag" I always pack for her!!!!!!

Thanks for all the stories! I needed these laughs after feeling so miserable from these bars!!!!

Anonymous on Feb 26 2009, 10:36

Oh god no, is right. I thought this was just coincidence but thank god I found this page.

never again will I ever eat a fiber one bar.  
ever.

ps. my farts were loud, and long, and hot, and smelled bad enough that I'm pretty sure, through the space-time continuum, they are why Jesus rose from dead.

Anonymous on Feb 27 2009, 16:22

Argh... The fart bars have claimed yet another hapless victim. Like everyone else I googled fiber one bar farts. My pets won't even stay in the room with me now so I can't blame it on them anymore.

Anonymous on Mar 2 2009, 02:48

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So many farts....so much air...so loud.

My lord!

Anonymous on Mar 3 2009, 14:45

OMG i am right along with all of you in laughing my ass off from reading all the stroies. I am having the same problems, and yet the bars have to fast so good! WOW do i smell after eating one of these bars. Not ladelly like at all hahahaha. I assumed it was just the extra fiber but decided to do a search on google anyway and this is what i found! TOO FUNNY! I am so glad i work from home otherwise i may have been fired from the awful smell that these farts produce. I have tried the fiber one cereal and do not remember having these problems like i am having with the fiber one bars. I think i will just have to do like everyone else and either throw the last 2 out or use them for a prank. :-)

Anonymous on Mar 4 2009, 16:38

Dear Brethren of the Booties:

I, too, have fallen prey to the malicious Fiber One bar. Make it stop! My co-worker is gagging on the floor...I can barely see her but for the miasma of stench surrounding our desks. Send for back up! I'm going in....

Anonymous on Mar 4 2009, 16:56

They were all probably laughing, and farting, uncontrollably after they manufactured and got these Fiber One bars out. What a sneaky little trick !

These bars definitely need a warning, like those Wow chips did or do, or maybe they should sell them at Spencers/Gag stores. These actually taste really good, but really aren't very "green" from all the gasses you omit after eating just a single one. ...Surprised they haven't added an extra gas emissions tax to these because of it.

But seriously folks, These should only be consumed if you are all alone for a couple of days. You actually need to plan ahead before eating these things. I accidentally came across this site and laughed to tears, because I just bought a box the other day. I ate one bar yesterday, for the first time ever, and one bar today, and I was wondering what the hell was wrong with me. ??? I now know, and now I too, will share my insight and all that I have learned from these 2 lone bars that I have ate ...

Do Not...Eat before you go to class or if you work in a quiet environment. Unless you are eating them just for the purpose of being dumb.

Do ... Feel free to eat these if you work at a shop. People will just think it's the machines instead.... Then again,,,,, People might think the machines are breaking down, so that might not be a good idea either.

Do Not... eat before driving/riding with anyone !!! Unless you want to walk. Yes, you will end up walking even if you are driving the vehicle,... it's that bad.

Do Not... eat before you workout. It'll only bring out the worst in you. ( or outta you. ) Especially with aerobics or any cardiovascular.

Do... unwrap all the bars, put them on a pretty serving dish and cover the dish with saran wrap to give as a gift to your neighbors that you dislike. It'll look like you just baked them. You will be golden in their eyes and get your revenge all at the same time. They will be too embarrassed to tell you what they've experienced, and they won't want to belittle the kind gesture and amends you just made. They only need to eat one ! Just one ! ( Tip: heat them up just a few seconds in the microvewave to make it just that much more believable that they are homemade. ) ... and let the magic begin.

Do Not ...Give these to kids !!!! You think those little fart cups and whoopie cushions are bad and cause a ruckus ? ... These are waaaayyy worse ! ...They will be up all night farting and laughing, smelling up the whole house.

Do ... keep on hand for those certain unruly trick-or-treaters that show up on your door step every year. You know the one's I'm talking about.

Do ...carry these while you go on that next hiking trip as an emergency food source and location device all in one. Just in case you are to get lost, you'll have the food to nurish you for the time being and you'll uncontrollably create an abundance of rambunctious sounds for Search and Rescue to locate exactly where you are ! It'll also keep all the predatory animals in the area, at bay. Think Safety !

Do ... Stop by my house tonight and take the remaining bars that are left in the box, because I probably can't handle one more of these tomorrow and their peanut butter/chocolatey taste will be tempting...

Anonymous on Mar 4 2009, 21:03

I googleed "fiber bars give you gas" and came to this page. I could've googled "blow-outs" because that's what they are. They're horrendous! I can't describe the force and pressure behind them, but I guess everyone here knows because they've experienced them.

What's worse is that I thought fiber was GOOD for me. Nine grams in one bar - woo hoo! But now I hear it's the chicory root extract that causes the gas? Crap, that's the FIRST INGREDIENT LISTED.

I kept thinking all week "What the heck have I been eating that I have such baaaad gas???" and then it turns out the only thing different is Fiber One. I love the oats & strawberries w/almonds. But the blowouts.....BOOM!

Anonymous on Mar 6 2009, 16:16

First and foremost, this is the funniest website ever! Seems like a "support group" for people with problematic farts, if you will.

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I ate 2 of these bars today and the gas has been unprecedented. Didn't help that I had refried beans with my dinner. As I sit here typing, I have fart AGAIN. Been going into the bathroom to fart so I don't gas myself out, but the smell attaches itself to my clothes and follows me around the house. Have candles burning but it doesn't overpower the lethal stench....and it's too cold to open the windows. I feel trapped!

If it's the chicory root that causes these noxious emissions, why must they add this???? What a cruel thing to do! I'm calling the company tomorrow and complaining! Good thing I didn't have a date tonight  
Anonymous on Mar 8 2009, 00:37

Pure and simply the funniest website I have ever visited, ahh yes, the simple pleasures of life. I started eating these things before I went to workout, strenuous activity followed shortly by massive gas. It took me a week to put two and two together, and walked into a perfect storm of health conscious living.

In my naivety I ate one before the workout, followed two hours later by a bowl of Kashi Go Lean with added blueberries, Horrible discomfort, I literally farted 200 times that day, was doing my noxious version of "crop dusting" walking around constantly to try and avoid blame and not stew in my own funk. It was a life changing experience for me, now forever twinkies and frosted flakes for my fiber, just visit roto roter for a bi annual flush. Colon cleanse, here I come. Damn, they did taste good, some yin with my yang, that's for sure....  
Anonymous on Mar 9 2009, 14:20

I wrote to General Mills to let them know that although their FiberOne bars are most tasty and satisfying, the gas that they produce is enough to destroy one's will to live. The gas was so bad that I could actually see it, all brown and greasy and hanging over my cubicle, marking me with a shamecloud for all to see and smell. Anyway, long story short, General Mills wound up sending me \$7 in coupons for my inconvenience. No, I won't be buying more FiberOne bars with my coupons. Maybe General Mills makes a butt balm.  
Anonymous on Mar 11 2009, 16:36

I'm so glad that I'm not alone. The sad thing is that these bars are so darn tasty. It's difficult for me to throw the rest of them away, as I'd purchased 2 boxes of them from CostCo, and they had worked well at staving off my hunger. In any case, these are not to be trifled with. They can't be used for meal replacements, as the human body will happily turbo-process the chicory extract and output something that smells NOTHING like chicory.

With any luck, I can distribute the remaining bars to my co-workers & share a little of the love instead of throwing them away. I can't buy these again, as my wife has threatened me with divorce, decapitation, and dismemberment if I ever eat these again. Good luck, everyone.

On a serious note, Beano actually helps to reduce the gas. Problem? You have to consume an inordinately large dose of beano before eating any of these bars.  
Anonymous on Mar 13 2009, 09:08

okay, i was in chours class and i kept farting throughout the song because of the bars. then people behind me on the risers were complaining that it smelt really badly, and i knew it was me.  
Anonymous on Mar 14 2009, 13:47

Hello, my name is ----- and I am a Fiber One fartaholic.

My wife brought home a Costco size box of these things. OMG never again. They stopped me in my tracks while on my afternoon run. Had I a pin, I would have popped myself to relieve the pain. But all I could do was pretend I was tying my shoes, arse up in the air, trying to get some relief.

I'm thinking we should take the rest of the box up to our state legislature for their next session. Would that make me a terrorist?  
Anonymous on Mar 19 2009, 18:06

They need to have, 'Purchase one box of Fiber One' and recieve a free air freshener. Seriously, That wouldn't even help. I walk around with a can of 'Hawaiian Breeze'. The sad thing is, I can make my own breeze now! It's just not Hawaiian!  
Anonymous on Mar 20 2009, 00:59

My abs went from bakery rolls to a six pack after reading all these comments. I'm still wiping tears from my face!!

My mom loves to buy Fiber One bars to snack on and I would always eat them when I'm at my parents house because they taste so good, but I never thought of putting farts and these bars together. Now that I think about it, I DID have some pretty horrible gas after eating them but always thought it was the beer I drank or some kind of bad cheese.

Needless to say I'm definitely buying these when I want to prank someone!!  
Anonymous on Mar 20 2009, 02:28

My cousin had the Fiber One bars, and I decided to try one cuz I was hungry. Mmmm - tasty! I went to grab another one and she warned me that I would be sorry. I decided to ignore the warning - big mistake!  
About 2 hours later, I was attending a worship service at a local church... I spent the entire time seated, thanking the good Lord above for the cushioned seat and the very loud christian rock band playing. Oh, and unbelievably, the frequent thunderous explosions blowing out of my ass had no smell. Again, thank you dear Jesus. Amen.  
Anonymous on Mar 21 2009, 01:12

OMG! I'm crying here at work. This is hysterical! These "Granola Granades" don't effect my mom at all, but me...forget it. Anyway,

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my daughters like to repeat what my farts sound like. Sometimes it sounds like...WHAAAAAAT???? or IDONTKNOW!!!!  
Anonymous on Mar 21 2009, 15:35

Was really hungry and missed lunch. Grabbed a box of the Fiber Ones went back to my office. Had lots of work to do so ate a "few of them" mindlessly while answering emails.

Forgot that I had yoga class late that afternoon. The gas hit me on my way to yoga. I seriously considered aborting but thought I could just run into the rest room if I needed to.

Spent nearly the whole class (1 hour) in the bathroom. The first explosive release was so loud that it rattled the window in the bathroom. I knew for sure they had heard it out on the floor where the other people were deep in some relaxing yoga pose.

The rest of the time I mastered the method of bending over and pulling my butt cheeks apart so that the sound would just be a rush of "air" coming out. One occurrence was so forceful that the magazine pages rustled in the ensuing wind storm. I did not think the gas would ever stop coming. No more Fiber One bars unless I am by myself away from civilization!

Anonymous on Mar 27 2009, 16:36

This website has been a total relief (literally). I fell in love with the Fiber 1 Chocolate and Oats bars (only 2 points on weight watchers) and thought I found a great snack to keep with me. The first day I had no problem, the next day I noticed I was a little gassy. Then yesterday I ate two and was in so much pain. Finally figured out that the bars were causing the problem, but I LOVE them. My husband is laughing hysterically that I'm spending this much time researching farts and gas, but I just knew that this was normal. Thanks to all of you Farters out there, I finally feel relief....

Anonymous on Mar 28 2009, 21:42

Our 9 year old son loves these Satan-spawned bars. Coming back from a recent visit to relatives, our younger daughter was feeling sick. All of a sudden a stench that can only be compared to a hog confinement lot on a hot day assailed my nose. I heard the words "go bathroom", and I screamed at my husband to pull off the interstate. I was sure my younger daughter had had a diarrheal blowout. As we swerved to the nearest exit I told her to unbuckle so she could run to the bathroom. She said, "Why?" I explained and she responded that she had said someone needed to go to the bathroom, but not her.

Needless to say when we got to the rest stop the 9 year old son used the facilities.

No more fiber one bars on car trips. Ever. My husband believed it must of been the cows until I showed him this site.

Anonymous on Mar 28 2009, 22:39

Not only are Fiber Onr Bars gassy, now there are Fiber Plus Bars made by Kellogs. My wife and I can't stop laughing. I found these great new bars...buy one get one free and ate a couple. I feel my stomach is being inflated with a pump. We went to the movies and it was so difficult to hold the farts in.

We came home and googled Fiber ones bars make me fart and this sight came up. /My wife assured me that I was not alone. Thanks everyone for sharing your stories. I just can't stop farting.... I'm taking these bars back and can't wait until they ask me why! Too bad that they taste so good!

Anonymous on Mar 28 2009, 22:51

I farted for like a minute straight last night shortly after eating a Fiber One Bar. Luckily, my 8 year old was in the room to blame it on.

Anonymous on Mar 29 2009, 13:46

Thank you for this. GM had sent me a box of Fiber One bars and a stack of coupons for \$1.35 off to hand out to friends, etc...

Having never tried them, I didn't realize until day 3 that it was the bars!! My husband was grossed out/jealous of the gas... It was quite pungent, to put it nicely.

The flavor was amazing, but the aftermath is just more than this family can bear...

They'll be used as gifts for sure, in the future.

Anonymous on Mar 30 2009, 19:35

I'm 18, and I heard really good things about these bars. I had my mother buy them thinking, "Fiber is good for you!"

Well sure it is. But I have been eating them like crazy and I FART so much. These past 2 days have been unbelievable! I'm still in high school and it is complete torture having to squeeze my little butt checks together with every "FIBER" in my being so I don't embarrass myself in front of my classmates!

MY GAS..smells awful too. Oh dear Jesus.

Anonymous on Mar 30 2009, 23:48

General Mills sent me a free box of Fiber One bars in the mail as others have mentioned, as part of their Word-of-Mouth program.

The funny part about it is that the name of their WOM program is "Psst..."

More like "PFFFFT!"

I gave some to my office co-workers, and now i can't help but wonder if they experienced the same thing and blame me for it secretly! My thought is that this is just a giant April Fool's day prank by General Mills.

Anonymous on Mar 31 2009, 20:27

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I LOVE Fiber One bars and I see that I'm not alone, but they make me go to the bathroom about an hour or two later. I mean I couldn't eat these things on the go. LOL I started to wonder why I've been going to the bathroom SO MUCH lately. The only thing that I changed is eating those bars everyday. Sure enough, I found this page. LMAO I've been sitting here laughing continuously and my kids think that I'm insane.

They certainly are powerful things!!!!  
Anonymous on Apr 7 2009, 12:23

I ate two of these bars on Saturday and another on Sunday. I couldn't figure why I was passing so much gas all day long and into the night. On Saturday my husband and I were shopping at JC Penney's at the mall and I let one rip...lol. He gave me the dirtiest look and told me to knock it off. I told him I couldn't help it, that I was feeling bloated, crampy and had to let it out. Sunday night, I mentioned to my 18 year son I was having a bit of a problem with gas (he had heard them ripping throughout the day). He then asked me if I had been eating the Fiber One bars and I told him yes. He said he finally figured it out when he himself had eaten a few, had been getting some cramps and was passing gas like crazy. He said he's not eating anymore. Well I have quite a few left and not wanting them to go to waste, I'll see if eating one every other day makes a difference. Probably not though. I shouldn't have told my husband and encouraged him to try them....lol.

Anonymous on Apr 7 2009, 18:59

I ate one this morning and went to the chiropractor in the afternoon. Big mistake! When she pushed on me, there were cracks coming from more than just my back!

Anonymous on Apr 9 2009, 21:13

I started working as a cashier at a local food retailer [which will remain unnamed] and began to gain a lot of weight because of the Snickers bars and Kit Kats that I would consume because of the easy access. When I heard about Fiber One bars I became instantly infatuated. I loved the thought of eating healthy and saving some money. I bought 2 boxes of the oats and chocolate bars [because they were on sale] on a Friday and immediately began devouring the whole box over the period of that weekend. It had gotten so bad that by Monday when I would request change from my managers they would send some poor unknowing fool over to me because they couldn't stand the toxic fumes that seemed to levitate around me. Now when I see an unsuspecting victim I make it a point to warn them of the health hazards created by these stink bombs.

Anonymous on Apr 15 2009, 19:42

OMG I am laughing more than I have laughed in ages. Wheezing laughing! I am planning on buying these and leaving them out in my classroom- I have students that are always taking things that do not belong to them...this will be the perfect lesson for them to learn...be careful what you eat- especially if it doesn't belong to you.

Percolating...as I sit here. I, too, googled Fiber one and google's auto completes' first entry was "fiber one gas"...so I knew at this point it wasn't just me!

PLUS I guess you only find this web site funny if you have personally experienced the fiber one's death bubbles. My husband doesn't think this is funny at all. I am sneaking one into his diet, then he'll get the joke. HAHAAHAHAHAHA

Anonymous on Apr 17 2009, 23:24

I've been eating these things the past few days and its fartville in our house! and most of you are sayingt you wont be able to sleep but honestly ive been sleeping so good atually 9-11 hours... so i dunno

Anonymous on Apr 18 2009, 21:19

I like many others I bought fiber one bars in an effort to eat healthy....well I'm not sure if inhaling toxic gas several hours is healthy. My farts are so disgusting and never ending I am forced to blame them on the students in my 1st grade class. I know its bad. I'm glad I'm not alone in my fiber one fart journey.

Anonymous on Apr 23 2009, 23:11

In my last trip to the grocery store, I bought a new brand of hummus and Fiber One bars for the first time. Curious as to why I've been dropping uncontrollable stink bombs for the past two days (and suspecting the hummus), I sat here innocuously munching on a Fiber One bar and Googling "foods that cause gas." Just as I finished licking my fingers of the chocolaty drizzle, I came across this page.

I've eaten six in the past two days. Two Maximum Strength Gas-X have still not helped me. I'm overtired too because the volume and reverberation of my farts wakes me up whenever one slips out in my sleep. They feel like nice big wholesome farts too, yet bring no relief. I have a doctor's appointment at 2:30. I hope she doesn't make me sit on the exam table and wait for too long. There's nowhere for me to sneak off to, and my dirty deed will be painfully obvious. They were really tasty, though.

Anonymous on Apr 24 2009, 09:02

these made me fart so much at school today everyone stared at me and i promised them it wasnt me. i am having the worst farts ever!lol

Anonymous on Apr 29 2009, 21:58

I seriously thought it was just me... I see a lot of people eating these things and figure, "they look good, I'll try one..."

And so I did. My boss keeps a big box of them on the shelf behind his desk. (Now I know why he has his door closed all the time!)

I tried one and thought, "Oh, hey, yum! That was mighty good! I'll have a second!"

**BIG MISTAKE.**

It turned my colon into a turbine. A turbine into which whole grains got thrown into. I not only farted uncontrollably, I had probably the worst case of fart-arrhea I have ever encountered in all of my 33 years.

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Yet I keep eating them.

Damn you, Fiber One. DAMN YOU.  
Anonymous on May 1 2009, 16:22

I found this web page by doing a google search on fiber farts. It is true for my body that these fiber one foods make a lot of gas. I was so bloated that my heart was hurting. This was so embarasing that I had to go home from work early. My exhaust pipe hurts now and I don't every want to see one of those fart bars again. Thanks for the funny web page.  
Anonymous on May 1 2009, 17:52

If I could figure out how to run my car on this gas I could drive across the entire country on one box of these farty bars. Thanks General Mills.  
Anonymous on May 1 2009, 18:53

I made the mistake of consuming two of these before boarding a plane. I was so embarassed I pretended to be asleep for the entire two hour flight. Two guys sitting behind me said they were flying "Smelta."  
Anonymous on May 2 2009, 17:13

Okay this is too much! i am dying here! Can barely catch my breathe! I have never had a fiber one bar and I never will but I am sure thinkign up pranks for the use!

I was thinking as I am a substitute teacher it would be funny to provide these as a snack to the entire school population lets say 45 minutes to an hour beforea school wide assembly on a cold winter day with doors and windows all shut!

Could you just imagine the sounds coming off the tile floors and ooden benches and the smell dang! Oh my hmmm mmmmmmmmm would try it but they'd never accept me back to sub or think of hiring me! So guess it will remain a thought instead on an action!  
Anonymous on May 6 2009, 00:17

Wow, google led me to the right information!! I thought my body was betraying me in the worst way! Too bad they taste so damn good!! I will be giving these out to coworkers that piss me off!! Thanks for the laughs!  
Anonymous on May 6 2009, 16:08

It's great to see that other people experience the same crazy gas problems from Fiber One bars that I do! And it's not just these bars, but any large amount of fruit(ie, melon) too. Now I know better than to eat these in public. It's such a relief to get home and finally let it all out! I love fiber, but the gas is really a problem! Ever since I upped my intake of fibrous(sp?) foods in recent years, the number of times i fart daily has skyrocketed!!  
Anonymous on May 6 2009, 21:22

Fiber One rocks. They taste great and they produce mind blowing flatulence. Seriously, these things give me the wind like no other. The Fiber One farts feel great like proper farts should, but they don't stink. It's a win/win really. Although, the farts I do the following morning smell B..A..D...BAD.

I get these attacks of farts chained together that last upwards of like 20 seconds sometimes. I'm going to start recording them my friends who think I'm exaggerating about these things will see.

A couple of choice varieties of FOF's (fiber one farts) are what I call the Door Knock, which is a basically a string of fart "syllables" that sort of sounds like someone knocking at the door. Then, there's the Harley. That one is pretty self explanatory.

Thank You General Mills. Happy Farting!  
Anonymous on May 9 2009, 08:27

These things are horrendous. My roommate and I bought them b/c we thought they would be tasty. She is not effected, yet I feel like the atomic bomb went off inside me. I eat quite a bit of fiber so it must be the chicory root extract. I was searching to find a remedy to make the pain go away, and I found this. Fiber One bars could be the next weapon of mass destruction. These things are terrible!!!  
Anonymous on May 9 2009, 19:28

My body is like a tank... the bars really only made me fart a few times more than usual, and poo twice a day instead of once.

My girlfriend on the other hand... holy bajesus! She holds her farts in all day at work, and I usually swing by and pick her up afterwards. After I get her it is a 7 block ride home and she nearly farted the entire ride. I think it was like a 2 minute gas seepage out of her ass. Absolutely unreal!  
Anonymous on May 12 2009, 12:07

I could relate to all of these stories. Yes once I started eating these delicious bars the fats started  
Anonymous on May 16 2009, 11:53

I love fiber one bars and kellogs new fiber plus bars because they taste so good, but the unfortunate exploding gas issue made me not be able to eat them. I tried to outsmart the bar by using gas-x and beano, it did not work and I ended up farting through a 6 hour lecture, it could not be stopped and i am pretty sure the people around me won't sit next to me next lecture or ever again. Fiber one bars are a super tasty fart fuel, BEWARE!!

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Anonymous on May 20 2009, 18:58

These things are SO powerful... I ate a whole box in 20 minutes and farted for three whole days. It was terrible because I couldn't leave my house for three days straight. It was not good.

Anonymous on May 20 2009, 21:55

Watch out for that chicory root in other products! Smartfood Popcorn clusters have it- yikes! Of course I found out after eating it---luckily only one 100 calorie bag. At least one fart for each calorie.... This stuff makes for mammoth amounts of methane and never ending farts.

Anonymous on May 22 2009, 17:02

After hearing how "yummy" the Oatmeal chocolate chip Fiber One Bars were I couldn't wait to try them. Wow they were awesome sweet and crunchy just like a candy bar so instead of having one I ate 2 well later on that afternoon I was going to the local warehouse to do some grocery shopping and felt this sudden urgent need to use the bathroom, (of course I was in the back of the store and couldn't have been further away from the restrooms,) so I grabbed my purse and literally ran through the store I am sure the people running the security cameras thought I was trying to escape with something but before I could make it to the bathroom I had shit in my pants while still running to the bathroom I was so mortified this has never happened to me before I literally had to wash out my pants in the bathroom and thank God I had a jacket on so I could tie it around my waist. I went home immediately and spent the next several hours with explosive diarrhea. WTF is in these things that would make you lose total control like that. Unfortunately, I threw the rest of the box away and needless to say won't be buying them again. They should put a dam warning on their packaging to put on Depends if you plan on leaving your house after eating these.

Anonymous on May 26 2009, 17:32

I too let out about 500 farts from laughing so hard while reading this page. I just walked into my boyfriends house and ran to the bathroom to explode! I thought I was going to shit my pants. I had a Kashi frozen meal for lunch and have had gas pains all day! What is with fiber and farts? I decided to do a little research and up pops this page. The first time was the last time I'd ever eat a Fiber One bar! Those things are screaming I am going to mess with you all day and make you fart like you have never farted before. The worst thing about the day that I ate the bars was being at work where you can't fart. The air bubbles build up inside your stomach and roar up through your insides like you are going to burp out the deadliest fart! I threw the rest of the box away! Damn FIBER ONE! They should not be called Fiber One, but FIBER 500 FART BARS!

Anonymous on May 26 2009, 23:07

O.M.G!!! All of you are telling the honest truth, these things are from hell!!! I ate 2, two mind you and i have had the most terrible stomach ache and runs and gas etc. I will never eat those horrid things again. Benefiber is for me or activia yogurt!!

Thanks

Anonymous on May 27 2009, 20:29

WOW. I am so relieved to find this website! Listen, I am a naturally gassy person anyway, so before yesterday, I thought I had mastered the art of the silent killer farts and fart deflection (blaming it on someone else). Good GOD. What tortured souls invented this SHIT IN A BAR! Seriously, that's what it is. I feel like I've been run over by a truck and instead of being paralyzed, I just have the runs every 15 minutes and in between bathroom trips I put on fireworks shows out my ASS. I am so glad it's not just me. I asked one of my friends this morning, "Do you think it's possible for a granola bar to kick your ass?" She said no. She was wrong.

Anonymous on May 31 2009, 22:03

take the fiber one challenge! my coworker has never tried fiber one. i have and so i know that the amount of gas generated is incredible. so i just gave him FIVE of them to try. he ate the first one and agreed that it tastes very good. and he just had the second one as well. we shall see how many he eats in this one sitting. and let's see what happens later on. i hope he returns to work tomorrow. oh yea, he outweighs me by at least two hundred pounds!! will post results of this experiment soon. -M

Anonymous on Jun 3 2009, 14:32

OH MY GAWD!

I ate like 4 fiber one bars today..

I was thinking "oh, theyre good for me".

Wow.. I was wrrrong.

I mean Ive had those before but never ate that many.

All day ive been having REAL bad gas, its terrible!! and my stomach hurts too.

I was wondering what was wrong with me so I looked up "4 fiber one bars" and somehow I came across "fiber one side effects-gas and stomach cramps..."

Screw you Fiber One.. SCREW YOU!!!!!!

X(

Anonymous on Jun 4 2009, 19:09

Found this by accident, for me it was Kashi Go-Lean crunchy wheat puff stuff cereal that would start an all day long fart fest after a 7 mile bike commute to work. It was so bad that one day, that even in the loud machine shop, with the Bridgeport mill running and Leadwell CNC running, I was overheard trying to fart discretely. The older co-worker, he hated my constant farting. I let what I thought was a little "poot" at the mill, and Joe goes "HEY! Will you STOP farting???" I put up with it all day yesterday, and I am sure as hell am not gonna put it with it all day today!!!! STOP FARTING!!! Do you see anyone else going around farting all day long, the way a cow does???" It's repulsive, revolting and WRONG!!! " I had to stop the Kashi cereal. However since I was laid off of work, I might try one of them Fiber One bars just for kicks.

Anonymous on Jun 6 2009, 01:50

I sleep alone in my fiber one cloud, my husband has abandoned me for the living room. We always start out in the same room. Then I



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bars in bulk from Costo for months now. Just recently I have made the connection to the uncontrollable explosive gas I have been experiencing during those months. My family has been complaining for months, my wife even said I have been farting in my sleep. I was seriously thinking something was wrong with me. The worst part was my office purchase me a new 'mesh' chair and now I can't muffle the the explosive sounds in the cushion. I eat one every morning for breakfast and the 40 minute drive to work is unbearable. My kids claim that every time they get in my car it smells like a stale fart. I think the stench is permeated into the leather. Driving with the top down doesn't even seem to help, the stink must be heavier than air, because no matter how fast I drive it sits there with me. I am just thankful that I have finally found the 'root' cause.

Anonymous on Jun 19 2009, 13:12

I am laughing my ass off so bad here!! its all true to you non believers...I thought these were the best tasting fiber bars invented..until I blew my husband off the other end of the couch and the dog out the back slider!!!! and OMG the power of these farts was just unreal...I would go into hysterics every time I let one rip because the look of amazement on my husband's face was priceless...I seriously thought I was going to have to go to the ER. The pains were unbelievable. They need a warning label with a hazard symbol "highly explosive". This went on all night...I had no idea where this was coming from...and then the stank began..oh it doesn't smell initially...but just wait....I'm gonna bring the rest to work for a good laugh!!!! Oh and my niece and nephew now call these fartypoo poo bars and refuse to let my sister put them in their lunch bags LOL

Anonymous on Jun 24 2009, 23:54

Bought a box of CVS-brand Fiber One knockoffs. Extra chicory root. I had to work on a project, and didn't want to stop for a lunch. I stopped at CVS, and bought a box of Oatmeal and Chocolate Fiber Bars. Figured that were just like granola bars or something.

Figured I'd just munch on the entire box, so I wouldn't interrupt my studying. I was interrupted about an hour later by the worst smelling stench ever. Smelled like a porto potty in July. I have my own office, but the shared printer is just outside the door. I couldn't stop farting for 4 hours. I couldn't leave because the project was due in the next day.

I farted every 3 minutes for four hours. It was non-stop. Each one was worse smelling than the last one. Finally, I sat on one cheek, propped by butt door open, and let olley olley oxen free. It was alot like Dumb and Dumber. After the 50th straight fart, I was pretty sure that I wouldn't poop my pants like Jeff Daniels. My stomach felt a little better, but I was about to pass out from the swamp death reek.

At hour 3, I heard the printer start. I literally ran to the printer, and brought the printout to my coworker across the hall. "I was just walking by the printer..." Then she printed out 4 more things, kindof randomly every 2 or 20 minutes. I ran every time. She was pretty freaked out, figured I was stalking her or something, but not as freaked out as she would have been if she walked anywhere near my potty office. Smelled like the rhinocerus cage at the zoo.

I finished the project, drove home, and then sat on my couch at home farting constantly until 2AM.

Don't eat six of these at a sitting. You might just die, or kill a co-worker. No, the smell doesn't go away... Ever. Sticks like napalm.

Anonymous on Jun 26 2009, 22:30

OK, so I read this a couple of days ago and got a good laugh. I never thought anything of it we usually have them around the house. So I munched two of them this afternoon before we headed out to the 4th of July party at the Phoenix Zoo tonight.

I now have proof these things are pure evil in a box. We started hiking up the hill to the new Giraffe feeding tower. The whole way up the hill I'm talking out of my ass more than Barry Obama. Of course every time I let one rip, my 4 year old daughter thinks it's hilarious giggles and announces to the world, "Daddy farted!"

We get to the top of the hill where the Giraffe feeding tower is. It's a new, really cool setup. The railing is about shoulder level to the Giraffe and they lean their necks over the railing and take the food directly from your hand. So I'm standing there with a food pellet in my hand and let go of an SBD. The Giraffe notices the food in my hand, swings his neck towards me, then swings his neck back the other way and heads for the far corner of the tower.

Fiber One, farts so bad, even Giraffes won't come near ya'!

Anonymous on Jul 5 2009, 03:34

Today I just discovered what has been haunting me for the past 9 months or so -- horrible gas, bloating and cramps....from FIBER ONE BARS!!! I thought maybe I was allergic to gluten, milk, nuts...something, anything! I ate a Fiber One bar today for the first time in a few weeks and the horrible gas and bloating came back so I did a quick google search and found this. GLAD IM NOT THE ONLY ONE!!! These bars should come with a warning label....I'm so mad I ate one, now I'll be farting until tomorrow!

Anonymous on Jul 8 2009, 16:30

This is some very funny stuff. I'm in tears! In my search for a healthy, filling breakfast bar, I started eating these a few months ago. It is amazing how tasty they are in their chewy goodness! I usually eat only one per day. The gas that I experience by lunchtime is unreal. Seriously, the longest and most explosive farts imaginable. I also thought I was going crazy. I thought I had developed lactose intolerance, but finally started catching on over the last few days and sure enough, it seems to be a well known phenomenon. God dammit! I really like those bars!

Anonymous on Jul 11 2009, 16:44

I have one with my lunch at work everyday. When I get home, I let it all loose. The farts are unique, unreal, and unmatched. They come about every 4 minutes, for the duration of 4 or 5 hours or until bedtime. They even come out while I'm sleeping. I love it though, I think it's hilarious and my boyfriend does too. xP

Anonymous on Jul 11 2009, 22:16

at first i ate the fiber one bar and it was great . but after 15 minutes i had qready faarted like 20 times. it starting to scare my dog half to death at the end of the day i had farted 52 times (seriously i counted). My dog was afraid to be in the same room with me.

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Thank you and keep on farting America  
Anonymous on Jul 15 2009, 11:09

I googled "fiber bars give me gas", landed here, and have a stomach ache - I've been laughing so hard. I was blaming my windy bottom on a host of other foods and then had an epiphany that it might be the Target wannabe Fiber One bars I bought recently. I, too, work in a very quiet office so I've been racing to the bathroom for some relief - secretly scared that I might let one go during a meeting. One plus? My 6 and 2 year olds think Mommy is a farting champ.  
Anonymous on Jul 19 2009, 16:15

I had 4 Chocolate & Oats flavored bars today, so damn addictive! -\_- Can't stop farting and it feels like there's an orchestra going on in my bowels. I better shit soon or else I'm gonna blow! These farts are ghastly! These bars are really the spawns of Satan!  
Anonymous on Jul 19 2009, 21:41

This is great! I thought it was just me!!  
For those that have never tried these Satan Snack Fart Bars here is a link to the Fiber One website with a free sample and \$5 in coupons!

[http://freesample.fiberone.com/FiberOneFY10/Default.aspx?source=11112\\_11111](http://freesample.fiberone.com/FiberOneFY10/Default.aspx?source=11112_11111)  
Anonymous on Jul 20 2009, 22:38

Tastes great, colon filling. Since eating these bars a localized ozone hole has been following me around where ever I go. The Obama administration has instructed me to purchase cap and trade credits because of the amount of emissions coming out of my ass. Forget Ethanol, feed everyone these bars and we could run our cars with power to spare.  
Anonymous on Jul 22 2009, 10:03

If you like farting and I mean really like farting, these are the bars for you! After 3 days of incredible amounts of gas around lunch time, I finally suspected the bars. I skipped eating them for one day and was fine. The next day I ate one late in the day, instead of in the morning, and that evening's bath was very memorable. It was like depth charges were going off in the tub. I'm lucky there were no open flames nearby. Seriously, these things are like some kind of biological weapon. Have someone at work you don't like. Give them one of these bars 3 hours before a meeting and let the hilarity ensue.  
Anonymous on Jul 22 2009, 12:07

I wanted to get some more fiber in my diet but never in my life have I had this much gas! I'm at work and I'm finding that I need to fart about every 2 minutes. I work right by someone and every time they leave their desk I let one go. It's so horrible!!!  
Anonymous on Jul 29 2009, 13:11

piece of advice stay AWAY from Smartfoods popcorn clusters. LOL I havent been able to leave my house in a week and I ate them Unfortunately all 5 tiny tiny bags last saturday its been a week OMG! make it stop make it stop. ROFLMAO  
Anonymous on Aug 1 2009, 13:07

I told my roommate yesterday as I came out of the bathroom (still farting) that these things are sooo vicious and he claims "not me, my stomach is normal". Yet I noticed he farted a few good ones yesterday too. I had 2, he only had one, which he sniffed at like a mouse as if afraid to eat it.

Don't, I repeat, DO NOT get addicted....they taste so good....but they rip something vicious in your ass. Increasing fiber intake by method of Fiber One also means increasing your toilet paper usage. TRUST ME, if you are on a plan for things....plan for extra toilet paper when you shop for these.

The cereal isn't so bad...but the bars, dear god, the bars. Be careful people, and happy crapping.  
Anonymous on Aug 4 2009, 23:33

Wow. I was really thinking I needed surgery. I was getting paranoid about all the giggles behind my back at work. Now I know they werent giggles. They were gasping. I did not know how so much air was leaving me when not nearly the same amount was entering me. I have a headache from hitting the ceiling so much! At first there was a cloud of flies then just piles of fly bodies. Thank you so much for this forum. It's really good to get it all out;)   
Anonymous on Aug 8 2009, 10:18

Glad to read this. I've been having controtrolled farting at work. It's bad enough that I'm now "older" but it's been difficult to hide the "pop" and stretch I've been having. I've been eating Fiber Plus at work. They are delicious! However, I never gave it a thought that it may be causing this. I'm going to only eat them at home. Thankfully, I live alone. I wouldn't want to "gas" some one to death.  
Anonymous on Aug 9 2009, 14:06

I ate one yesterday at lunch.

When I drove home from work, my husband borrowed my car to go to the grocery store.

When he came back from the store, he did not look so happy.

I don't think he will ever borrow my car after I've eaten a fiber one bar.

We both cried with laughter when we found this site.

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Anonymous on Aug 11 2009, 20:35

Mayday! I am dying reading this site and from the smell that my bum has been emitting since eating Fiber Bum bars.

I seriously cleared an entire department at Target last night.

The smell is like no other I have ever experienced. It's like a mix of month old rotten eggs and perhaps, satan's cologne.

I too was rudely awakened from my sleep from my own gass the other night. It was like I was trying to sleep during the invasion of Baghdad. Good Lord!

I had to Google it today and feel better knowing exactly where the essence stems from.

I do wish to continue eating the bars as it's nice to be so regular (who needs colon cleanse) but man, the side assfects are a bit much to bear.

Anonymous on Aug 13 2009, 17:46

This is funny shyt.....

I have been calling these fart bars as well. The guys at work joined a biggest loser contest at work and have been eating these. You should hear the explosions going off. I personally like to rip em in the breakroom on the hard bench seats..... talk about clearing out a room. I took this one more step and ripped one against the bedroom door while my wife was sleeping. She came running out wondering who was hammering on the front door. Then the smell hit her....

kind of reminds of when I used nightcrawlers for bait and let them in the car when hot outside . Nasty!!!!!! One other thing I have noticed I have to use more toilet paper.... maybe they are in cohorts with the toilet paper makers.

Anonymous on Aug 17 2009, 00:29

i like these bars,even though they cause quite a bit of gas that could light up a gas station i lost 15 pounds last month cuz of these bars..yes you do go to the bathroom quite a bit if you eat more than you should of these bars but if your looking to lose weight these bars will do it no doubt and clean you out in the process LOL

Anonymous on Aug 17 2009, 19:21

My step mom gave me a box 2 days ago of the mocha bars. I ate one yesterday and had severe gas pains last night and farted so much and so loud my 6 year old (who loves a good fart) was asking me to stop. I chalked it up to being pregnant as this is not the first gas episode I've had in the past 7 months. I ate one again this afternoon and tonight, while at a church meeting, my stomach hurt so bad I seriously thought I was in labor. I knew it was gas pains but that bad?! What made matters worse was having to hold them in for 3 hours. I thought. I was going. To die!!! I was trying not to make faces in the pain because people kept asking me if I was ok. I really didn't want to have to tell them that, No I was not in labor, I just needed to fart! Regardless of how it looked. When I got home tonight all I could do was lay on the floor with my ass as far in the air as it could go. I knew it had to be those bars. I know what to eat now when my husband and 6yr old are having a farting contest. I'm gonna win 'em every time now!

Anonymous on Aug 21 2009, 02:28

I have never had the pleasure of trying Fiber One bars. But I have started eating the Fiber One Yoplait yogurt. I'm addicted to these little 4oz cups of yogurty goodness. And for most days I really try and limit myself to one cup. But there's been a couple of days where I've broken down and had 2 cups. I mean 50 calories a cup isn't bad and I probably don't get enough fiber anyways... Well the last few days have been miserable! The farts and the stink and gawd does it ever end?

Worst part, I just ate two cups before I found this site. I'm in trouble for later I guess.....

Anonymous on Aug 22 2009, 03:10

my 10 yr old daughter is the pickiest eater in the world. So when I went to the store with her and a girl who is interning with us, we walked down the cereal aisle and I asked her, SO what are those bars you guys like so much??? ooooo those fiber one bars with chocolate chips and all sort of goodies in them was my answer. Needless to say I bought 2 boxes of them. A week later no one ate them and I thought hmmm I gots the munchies so I opened up the box and found 5 NOT 1 but fives little snackeroos in it. I ate one while I was playin online poker and thought to myself these suck but at the same time they were good, then I ate another one... hmmm not very satisfying. ok no one is looking I will eat another one, So now into 3 bars and still not satisfied I ate my 4th bar. In less then 20 minutes I consumed 4 not so tasty bars then I ate 2 peanut butter and apple butter sandwiches and then I had a large glass of milk. Mind you I was under no impression of what was about to happen shortly after I went to sleep. Somehow my cat got into my room and shacked it in with me as we both endured the stinkiest most unforgettable night of our lives. I thought I was going to shit my drawers and my farts kept waking me up. So when I finally woke up I had to drop the kids off at the pool. at first I thought to myself "Normal morning dump" No problem. BUT then all of a sudden the farts started coming back, So now I am back in the bathroom dropping the wayans brothers off at the pool, my roommates were gassed out by my stench. I was so embarrassed to walk into any room because of my green misty's I was producing. I had to run from my own farts.... I later found out what the culprit was as I was standing outside smoking a cig my intern said geese I could hear you farting from across the yard. I then told her that those fiber one bars are ok but they lack flavor and are small so I ate 4 of them, and me not knowing that they were the reason why I was shiiting myself. She broke out into laughter as she explained to me that I consumed 3 bars too many for one day and I should be farting and gassing for about a day or so.

I now have a cool trick to pull on guests when they come over.. I plan on serving cat food as pate and unwrapped FIBER one bars. I should be a big hit.

Anonymous on Aug 25 2009, 15:56

Ok right now I am under a severe attack of the fiber one bars. So I had to go online and see if this is not just a personal side affect..I am so glad to see that it is not. I will never eat a fiber one bar again. Listen up for what you are about to read, has this ever happened to anyone yet?

So I am on my way to work and I decide to pop in a quick fiber one bar on the ride over this is roughly 0700. Throughout my work

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day I started to feel very gasy and bloated, I could actually feel my intestines move and relocate from their original resting places. I work in a laboratory, so under no circumstances am I able to pass gas..just not sanitary. By 1600 hours, I was seconds away from barreling over to be on the ground one more time before I met my maker. Finally, everyone left for the day, and there were no patients in the waiting room. So there was hope for me after all, it was time to lock and unload. At first very satisfying, but then, what I thought would be one of my final blows, turned out to be a trully horrifying finale. Not only did it catapult my body feet in front of me it also caused me to crap my scrubs!! Now this has never happened to me in all my years of living through different illnesses...I always knew when it was time to hit the pot...but not this time. And to make matters worse I still had another hour of intense work to do. So I ran to the bathroom praying it did not go through to my scrubs..luckily it did not, but the smell was so staunch..I mean it smelled like I had a dead rat hiding up in my undies, I had to carefully slide my undies down my legs and place them in a biohazard bag before throwing them in the biohazard waste receptacle. So today I am writing this somewhat in hindsight for today is day two and I am still suffering and it is past 1800. I choose to never eat One Fiber One again!!!

Anonymous on Aug 29 2009, 19:54

I personally have never, ever seen anything like them! Beans, cabbage, you name it. Nothing creates major farts like these bars. Try eating two, for the blast of your life. Wait till you are going on a road trip with your buddies. No one could stand up to you.

Anonymous on Sep 1 2009, 13:16

My husband and I have been eating these for only two days and we can't believe how bad our gas is. It has been non stop for me for since yesterday. I think I have it worse than him. I am so glad we are not alone. My husband did notice on the side of the box that it says "Gradually increase fiber over time to help minimize potential gastrointestinal discomfort." Yeah too bad I didn't read that first. "potential discomfort" my ass (no pun intended) it should read "without a doubt flatulence". But if it helps in my weight loss I will accept the gas. However I will not eat one before work ever again, that could be distasterous since I work retail and really have nowhere to hide. Thanks everyone for posting, this really made us feel better about this sudden gas attack. Good night and gas speed.

Anonymous on Sep 1 2009, 23:08

You are all horrible, gross people. I am glad I don't live with any of you. Stop eating the damn bars you nasty farters. I, for one, have never farted, nor have I ever pooped. Ewww!

Anonymous on Sep 3 2009, 18:54

Yeah! I got that Boom Boom Pow!

After a night at the bars I stumbled home and found these fiber bars on the counter. Figured it would be a good pre-hangover snack. Very tasty, hit the spot, went to bed.

Yo, I farted so hard while I was asleep that it not only woke me up, but it was still echoing in my bedroom as I was regaining consciousness! Thought someone was trying to break into my house.

These azz crackers is for REAL!!!

Anonymous on Sep 4 2009, 09:07

I ate the whole box in 2 hours 5 bars I thank now my stomach hurts and man I been crapping for an hour straight.

I will never eat these again.

Anonymous on Sep 4 2009, 21:01

I wish they had these things when I was a kid. They are better than any gag toy. I ate my first one at a friends house (around 8 pm) came home and bragged to my wife how awesome it was. About 11:00, the show began. The basset hound, a legend in the sport, laying across my lap lifted his head, looked at me, stuck his nose down into my crouch region, immediately lifted his head and jumped off the couch and laid in the floor. The show lasted well past 3 am, kept waking myself up. I rushed out and bought my very own box, boy I love these things. bought two 20 bar boxes at Sam's today.

I'd like to teach the world to toot, in three fart harmony... spread the word, share a bar!!!!!!

Anonymous on Sep 5 2009, 21:03

I'm not alone!!!

While one day at the supermarket I noticed a great deal on Fiber One brand products (cereal, granola bars, etc.) They sounded delicious so I bought a few boxes of each. As a college student, I would eat Fiber One cereal in the morning and take a granola bar with me to class. Like clockwork, I would get to class and almost instantly have the worst stomach pains of my life. I thought I was going to birth a child right in the middle of lecture. I started to think I had IBS or some crazy digestion problem. The stomach pains were so severe I couldn't sit still! Gas and the worst diarrhea of my life followed instantly. Imagine that every day for 2 weeks! It wasn't until process of elimination that I realized Fiber One was doing that to me! I've now cut them entirely out of my life and gave the bars to my roommates. I wish them the best of luck with it. I will never buy anything with Fiber One on it again!

Unfortunately, I am now having the same issue with Kashi Cereal. Ugh. Cheerio's it is.

Anonymous on Sep 7 2009, 01:50

I bought 2 boxes of the mocha bars. OMG you can smell the coffee flavor when you open the package. I am seriously addicted! But I'm telling you, it's a good thing my husband works out of town and he only comes home on the weekends. I have to stop eating them on Thursday so the farting can die down. I find myself eagerly awaiting Monday morning, so I can go back to eating my Fiber One Fart Bars!!!

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Oh, and I've also scared my 2 cats out of the room on several occasions.  
Anonymous on Sep 8 2009, 18:42

I had my first bar unknowing of it's evil side effect. I remember waiting my turn at the hair salon scared to death of this war that was ensuing in my guts. I remember looking around to see if anyone could actually see through my tight tank top the wave-like motions of the gas violently rolling back and forth. I know they heard it, I just didn't know if they could see it like I could. After about an hour of this internal Vietnam, I decided to go to the hair saloon's bathroom to release and hopefully get comfort. Unfortunately, after I let off the first fart I realized there was no way out of my hell. The gas was ridiculously too loud and the entire saloon will know. So what did I do next? I held this furry in for another 2 hours till I was out of the salon. The only good thing out of all of this is that I got home ultra fast thanks to the propelled power of the backed up gas. I didn't have to walk home, I pretty much glided without even touching the ground. Thanks Fiber One.  
Anonymous on Sep 9 2009, 15:49

I decided to grab a quick snack on my journey to the airport, so what else do I reach for in my cupboard but a yummy Fiber One bar? I was feeling great until the exact moment I took my seat on the plane. And of course I was assigned to the middle seat. To my right, my friend...to the left, a cute guy my age. I painfully held in my farts until I reached my breaking point an hour into the flight. I let one rip and prayed to God it didn't stink. Thankfully, it did not. But to my demise, once I started I simply could not stop. If the plane ran out of fuel, I would've been able to get us the rest of the way on this natural gas. Fortunately I was wearing my seat belt or I probably would've been ejected from the seat. At least I was able to blame the violent vibrations on turbulence....  
Anonymous on Sep 11 2009, 23:57

yes they make you fart and have frequent bowel movements because of the fiber  
Anonymous on Sep 12 2009, 14:29

This thread is hilarious! These fantastic bars are delicious. I just had one actually...the chocolate mocha ones They are so yummy but my lanta I am passing gass >\_>  
Anonymous on Sep 12 2009, 19:05

Now I know why that one guy on the commercial is always laughing to himself when that other guy grabs all those Fiber One bars! I thought I would be smart and get myself a "dietary aid" since one of the medications I am taking highly recommends a fiber supplement.... yeah... I ate two bars this morning a couple of hours apart, I haven't quit farting since noon today and its 11pm, my bum burns with all the methane that has spontaneously busted out... At least it doesn't stink, yet.... I WILL not eat these anytime I am going to be out of the house! Thank you for having this great page up where all us fizzle popping junkies can commiserate!  
Anonymous on Sep 13 2009, 01:30

I can't believe they still sell these things...and unsusceptible people are still buying them!

The first night I had two bars and went to sleep. In the morning I had two more for breakfast. Little did I know that was a very foolish thing to do. I went to the restroom nine times while I was at work. The first couple of times I crapped and farted, but all the other times the only thing that would come out was gas and anal mucus.  
Anonymous on Sep 18 2009, 12:54

It's been 2 months after I had my first fiber one bar--my ass hasn't been the same since  
Anonymous on Sep 25 2009, 11:40

Just got back from a meeting with a dietician. After telling her of my "Fiber" intake via Fiber-One Bars, she asked if I was having any problems with.....? I had to interrupt and tell her "NO! It's cheap entertainment!" And I may have to end the meeting quick since I ate two prior to coming. She just laughed, and told me there's actually a few web sites out there devoted to the tie between the bars and "BASE Singing"! After reading alot of the entries here, I gotta go change now!  
Anonymous on Sep 25 2009, 18:16

Holy cow, I am laughing so hard right now. I bought some of the Fiber One Pancake mix, and ladies and gentlemen, it has the same effect as the bars, dang it. I made one big pancake this morning and by this afternoon, I thought I gotten food poisoning. I am so glad I was able to google this and find out that I am not alone and that I am not getting sick. Here's to a toot-filled night!  
Anonymous on Sep 25 2009, 21:46

I have never tried these and am now deathly afraid.. For all of us who are concerned about global warming..this may be the beginning of the end... so put away those bars and run like the wind... BTW There is an ant crawling on my monitor. I think it can smell you guys all the way over here.. This is disturbing on SO many levels...  
Anonymous on Sep 26 2009, 18:28

It took me about 2 days to realize the awesome power of the Fiber One Fart Bar. They were on sale at Sam's and I got the family-size arsenal. Had to quit eating them at work but they're a must have during the football season...just chomp one of these granola grenades an hour or two before the Packer game and I get to scratch and fart the whole game! This past weekend, after the game, I'm riding my John Deere, cutting the grass, droppin' 'em from my ass. My wife actually heard me tootin' over the lawn mower! But fate got me today...I had to carpool on a business trip and as I get in my co-worker's car, I notice an empty Fiber One wrapper on the console and he's also chomping on one. I gasped in horror knowing what was to be on my 2-hour commute. I told him about the power but he didn't believe me...til the ride home \*OUCH\*...We needed Lynnard Skinnard blasting away with "EWWW that Smell!" Great site!  
Anonymous on Sep 30 2009, 21:53

## Blog Export: Please God No, <http://www.pleasegodno.com/>

Hi everyone. Love is that splendid triggering of human vitality... the supreme activity which nature affords anyone for going out of himself toward someone else.  
I am from Suriname and also am speaking English, give please true I wrote the following sentence: "One of the able unbadged plots of the legendary money, robert girardi begins a character sculpture of the comic with a then european chaos for the oncoming."

Thanks in advance. Heath.  
Anonymous on Oct 1 2009, 12:15

I came home the other day and my wife was hunched over the dining room table in pain, and she was expelling something so loud and awful I thought it must have been a demon. We prayed on this. Thanks for informing us it was fiber one bars.  
Anonymous on Oct 2 2009, 14:32

I just discovered the magic of Fiber One bars last week. These things are awesome, I simply eat one late in the day so the farts don't come in full force until I get home from work, or in the evening a couple of hours before bed. I have never been so regular as I have when eating these, maybe even a bit irregular. They've been great for my hemoroids too, no more straining on the stool.  
Anonymous on Oct 3 2009, 12:11

I DIDN'T FART, I GOT DIARRHEA! i couldn't fart if i did, poop would come out and my stomach is always doing all these noises and right after i poop i feel like a i need to poop again, but they're soooo good!!  
Anonymous on Oct 4 2009, 08:27

captain's log.....(literally)

im on day 3 of eating these and its the worst idea ever. i cant believe i've made it 3 days and not stopped eating these. i have to apoligize to ppl at work for the noises that come from my cube and i've had to call facilities support to come and swap out my chair.

i'll never be the same  
Anonymous on Oct 7 2009, 17:15

I googled FiberOne to ask a ..uhmmm question..AND THERE in BOLD PRINT was the answer! "Fiber One Bars make me Fart"

OH MY I can NOT QUIT LAUGHING !  
THE boldness OF THE HONESTY HERE! BUT(T) I am sitting in the living room with husband ..and since I ATE ONE a couple hours ago..I DARE NOT laugh tooo much...

Okay I made him pause his movie but(t) I couldn't quit laughing to TELL on myself looking for this answer!  
Apparently he does NOT notice (OR thinks there IS a dead animal in the house) that I am having a bit of a PrObLeM...

HAHAHAHA!! "fiberOnehater" "but they're soooo good"!

I agree! I can NOT eat chocolate and have bought the carmel ones... YAY MY very OWN candy bars and they ARE good for me!  
LOL! I will STILL eat the darn things... MAYBE they have SOME additive that IS addictive in them????  
Anonymous on Oct 8 2009, 22:39

We have been laughing here all day at work as a gal admntted to eating her first fiber one bar today. Needless to say, the problems ensued and she was glade she only had 1. I cannot count how many people were laughing till they were crying over the comments. Now if we can get Taco Bell could introduce a Fiber One Burrito, no thats funny!

Peace, and hope to revival of the clean indoor air act!  
Anonymous on Oct 13 2009, 17:35

I did the search too... I thought something was seriously wrong with me and found this webpage. I am laughing hysterically!! I now call these delicious FiberOne bars...."FART BARS". I had to leave the office early yesterday because I sit in a cube with lot's of coworkers around me. My poor husband slept on the couch last night. This is from ONE "fart bar" that I ate yesterday morning. My husband died laughing when I sent him this webpage today. Good humor people!  
Anonymous on Oct 15 2009, 11:50

I emailed FiberOne to inquire IF THE side effects (REAR effect) STOP once our bodies GET used to these things....  
I eat other fiber each day...and NEVER had this problem...

AnYwAyS..... THEY want ME to call them to REPORT the PROBLEM I am having with these things!!!

COUID YOU imagine talking on the phone ...They would probably put it on speaker phone and record it for LAUGHS at each office party!

IF anyone WANTS to call them to HELP our cause...the number is:

1-800-775-4777 7:30 a.m. to 5:30 p.m. CT, Monday - Friday.

Tell US how it goes  
Anonymous on Oct 16 2009, 08:42

I haven't laughed this hard in SO long! Trust me, I'm not laughing at the comments, I am truly laughing with all of you.

My first encounter with the dreaded Fart Bars was about 8 months ago. I started a diet, and along with the diet, I wanted something to be able to snack on during the day. I found these oh so delicious Fiber One bars. Almost immediately, I started farting a LOT. I've always been a bit of a gassy guy, but this more WAY more than normal. I didn't attribute the gas to the bars. I was putting my body through a bit of a shock with my diet, and just thought it was a combination. After a while, I quit eating the bars, and the gas stopped. I still hadn't put 2 and 2 together. Since then, I've kinda fell off the wagon with the diet, and decided to get serious about it again. So, a few days ago, knowing that I was back on my diet, my wife went shopping. What did she return with? Yep, Fiber One bars! I was so happy! I had completely forgotten about how good they were, so, like anyone who has a tasty treat would, I dug in. One the first night, and one the next morning... a couple hours later, I was calling dinosaurs! Holy Hell! Levitating out of my chair, rattling the candle holders on the desk! These were farts from hell! I thought maybe I'd just eaten something that didn't agree with me... little did I know. Well, after a few days, I realized that the only thing I had eaten consistently over the past few days were Fiber One bars, so, I googled "fiber makes you fart" and this page was the first topic. I clicked it to see what everyone had said, and NOW know where these demonic farts are coming from. It does make me a bit sad knowing that my favorite treat does this to me, but I don't care, I just had one while typing this. The bars are so good, I do not see myself giving them up, but I do believe I will practice moderation. Now, only one question remains... should I tell my wife why I've been having such bad gas? She enjoys the bars too. Guess only time will tell.

Thanks for all the comments everyone, I'm glad we've got a "support group" here.

Happy farting to all!

Anonymous on Oct 16 2009, 23:29

I don't know why you're all complaining. These fiber bars are the greatest edible invention of man kind. I'm a proud farter. They fuel my humor.

Anonymous on Oct 18 2009, 23:01

toot!!!! My wife dropped her cotton belt last night and this morning, when I woke up; I thought I squeezed out a tapeworm while I was sleeping on Ambien in the middle of the kitchen floor!

I have been farting a lot! This haunts my days and voids my soulless shell of a body ready for a kill by any animal that sees fit to kill me. Damn you, Fiber 1!!!!

Anonymous on Dec 10 2009, 02:16