The modification of dietary habits generated by technology has introduced the use of refined foods devoid of vegetable fiber, which are found in larger quantities in fruits and vegetables. Therefore the use of vegetable by-products is interesting because it represents a source of dietary fiber that may promote reduced risk of chronic diseases and improves bowel function. Flour of Fruits and Vegetables (FFV) obtained as residue of processed sports drink, contained about 30% fiber, considered a product with high fiber content, according to Brazilian legislation. This study evaluated the effect of consumption of FFV in the improvement of bowel function in adult women who met the Rome II criteria excluding those with Crohn's disease and menopause. During 10 days, 17 volunteers consumed daily 10 grams of FFV and answered a survey. Approximately 94% presented an improvement in bowel function. Among these, 83% showed improvement in 3 days of consumption and only 6% presented no effect. The fiber intake by eating a small amount of FFV improved the intestinal function of most participants. Moreover according to the order No. 19 of ANVISA/ Brazil, this product can also be considered as nutritional supplement, since it has about five times the minimum recommended of daily intake fibers.