

1-000-9227-00

Kroger Fiber Powder

Fiber Powder, Sugar Free

Weight: 8.6 oz (244 g)

Directions

Stir 2 teaspoons into 4-8 oz of any beverage or soft food (hot or cold). Stir well until dissolved. Not recommended for carbonated beverages. 12 Years to Adult: 2 teaspoons dosage up to 3 times daily. 7 to 11 Years: 1 teaspoon dosage up to 3 times daily. Under 6 Years: Ask your doctor. Store at controlled room temperature 68-77 degrees F (20-25 degrees C). Protect contents from moisture. Use within 6 months of opening.

Product Details

62 servings. 100% natural. Makes taking fiber easier. Taste free. Dissolves completely. Our pharmacists recommend. Compare to Benefiber supplement (Benefiber is a registered trademark of Novartis Consumer Health, Parsippany, NJ 07504-0622. Benefiber is not affiliated with The Kroger Co. or this product). Fiber is an important part of a healthy diet. According to the American Dietetic Association: Currently most Americans consume only about half the recommended amount. At this level they are missing out on fiber's potential health benefits. Natural Fiber Powder provides an easy way to help meet your daily needs. This product is a 100% natural fiber that you can mix with almost anything. It's taste free, grit-free, and will never thicken, so it won't alter the taste or texture of your foods or beverages. Be creative! Try it in your coffee, yogurt, juice or whatever you desire. Add it to your baked goods & favorite recipes.

Nutrition Facts

Serving size: 2 tsp
Servings per container: 62

Nutrient	Qty	%DV
Calories	15	
Total Carbohydrate	4 g	1%
Dietary Fiber	3 g	12%
Soluble Fiber	3 g	
Is or Contains Flavor		
Is or Contains Sugar Free		
ServingSize-InGrams	3.5 g	

Ingredients

Wheat Dextrin.

Warnings

Keep out of reach of children. If you are pregnant or nursing a baby, ask a health professional before use. Tamper Evident Feature: Do not use if inner printed seal is broken or missing.

Manufacturer

The Kroger Co.
Cincinnati, OH 45202 800-632-6900

UPC

041260343858