



1-800-4198-02

FiberChoice chewable tablets are the fiber supplement you can keep anywhere, take everywhere — at your desk, in your gym bag, in the car, in your suitcase, in the kitchen counter — wherever it's convenient for you. It's always easy to get prebiotic fiber.

Delicious and convenient.

Great tasting FiberChoice chewable tablets are available in three flavorful varieties:

Regular Orange Chewable Tablets

Sugar-Free Orange Medley Chewable Tablets

Sugar-Free Chewable Assorted Fruit Tablets (Green Apple, Grape, Strawberry)

Available in 10-count tube, 90-count bottle, 220-count bottle (in Club Stores)

Inulin: A natural fiber source.

Each two-tablet serving of FiberChoice chewable tablets contains inulin, an all-natural dietary fiber found in fruits and vegetables. Inulin is a unique fiber source that helps boost calcium absorption.*

Plus every serving of FiberChoice is packed with prebiotic fiber. Prebiotics provide the fuel required by probiotics.

Find out how probiotics help your digestive and immune systems.

* EVIDENCE SUGGESTS THAT 8 GRAMS PER DAY OF INULIN (A NATURAL DIETARY FIBER) FOR 14 DAYS PROVIDE THE PREBIOTIC BENEFITS OF FIBER. FOR INFORMATION ON FIBERCHOICE'S INULIN FIBER CONTENT, SEE THE NUTRITIONAL FACTS ON THE LABEL.

DIRECTIONS: Adults: Chew 2 tablets per day **(no water required)**. If minor gas or bloating occurs, temporarily reduce daily dosage.

AGE	DOSAGE
13 yrs. to adult	2 tablets daily* (4g fiber)
Children (6-12 yrs.)	1 tablet daily** (2g fiber)
Children under 6 yrs.	Consult your doctor

*Not to exceed 6 tablets per day.

**Not to exceed 3 tablets per day.

Supplement Facts	Amount/Serving	% DV*
Serving Size: 2 tablets	Total Carb. 4g	1%
Servings Per Cont.: 45	Dietary Fiber 4g	16%
Calories 16	Soluble Fiber 4g	†%
* Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established.		

INGREDIENTS: Inulin (a natural vegetable fiber), sorbitol, cornstarch, cellulose, dextrose*, citric acid, magnesium stearate, natural/artificial flavors and colors. *Adds a trivial amount of sugar.