

Do not accept if seal is broken. Product No. 4610
Store between 59°-86° F. Keep out of the reach of children.

DAILY FIBER_x combines Psyllium and five other fibers in ideal proportions, which support their inner health promoting properties. Psyllium contains both soluble and insoluble fiber. DAILY FIBER_x helps provide gentle support for gastrointestinal health and natural friendly flora.***

NOTICE: This food should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty in swallowing.

WARNING: Not for use by pregnant or nursing women. If you have gallstones, are taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. **NO:** Wheat, soy, gluten, milk, preservatives or artificial color.

*** These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

This product has been manufactured at an NSF GMP Registered facility.

Lot No:

Best by:

08G11L



DIGESTIVE AIDS

DAILY FIBER_x

A Dietary Supplement to gently support
the entire digestive system***

Gluten-Free
Dietary Supplement
90 Vegetarian Capsules



Directions: Adults take two (2) capsules one (1) hour before meals with a full glass of water. Begin use with two (2) capsules per day and then increase to six (6) per day over the course of one (1) - two (2) weeks. As a reminder, discuss the supplements and medications that you take with your health care providers. This product is not recommended for long term use. Do not exceed recommended dose.

Supplement Facts

Serving Size 2 capsules

Servings Per Container 45

Amount Per Serving		% Daily Value
Total Carbohydrate	1 g.....	<1 %*
Dietary Fiber	1 g.....	4%
Psyllium Husk Fiber Powder	333 mg	**
Fennel Seed Powder	205 mg	**
Beet Fiber Powder	166 mg	**
Citrus Powder (lemon, lime, orange, grapefruit, tangerine) (peel, pulp)	133 mg	**
Orange Peel Powder	133 mg	**
Apple Pectin Powder	100 mg	**
Okra Powder	100 mg	**
Beta Fructans Powder (inulin)	87 mg	**
Slippery Elm Bark Powder	83 mg	**
Herb Powder Blend	50 mg	**
Peppermint leaf (<i>mentha piperita</i>) (leaf), Flaxseed, Althaea (<i>althaea officinalis</i>) (root)		
Ginger Extract 5% gingerols (<i>zingiber officinale</i>) (rhizome)	12 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Cellulose (capsule shell), maltodextrin, rice flour.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 • CountryLifeVitamins.com

K