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ACTUAL SIZE

CODE 5964

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Visit us at [www.nowfoods.com](http://www.nowfoods.com)

Made in the U.S.A.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

Store in a cool, dry place. Please Recycle.

NOW supplies many additional fiber products including: Apple Fiber, Apple Psyllium Fiber, Orange Psyllium Fiber, Grapefruit Fiber, Oat Bran, Psyllium Husk Whole and Powder, Psyllium Husk Capsules and Rice Bran.

intake.

Because many people often fail to obtain adequate fiber in their diets, Bran, in the form of a tablet, may help to alleviate such dietary shortcomings. The combination of fiber from oats, rice and corn is especially useful in balancing fiber

**SUGGESTED USAGE:** As a dietary supplement, take 3 tablets twice daily, with a large glass of water or juice.

**SUGGESTED USAGE:** As a dietary supplement, take 3

# Oat Bran Plus

SOURCE OF DIETARY FIBER

with Rice Bran  
& Corn Bran

100 Tablets

A Dietary Supplement  
Vegetarian Formula



## Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 33

|                    | Amount<br>Per Serving | % Daily<br>Value |
|--------------------|-----------------------|------------------|
| Total Carbohydrate | 2 g                   | < 1%*            |
| Dietary Fiber      | 1 g                   | 4%*              |
| Oat Bran           | 1.5 g (1,500 mg)      | †                |
| Rice Bran          | 750 mg                | †                |
| Corn Bran          | 750 mg                | †                |

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

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium and Magnesium Stearate (vegetable source).

**Vegetarian Formula.**

Contains no sugar, salt, yeast, wheat, soy, milk, egg, shellfish or preservatives.