

Garden of Life® RAW Fiber™ - Beyond Organic Fiber

Experience the digestive power of organic superfoods and live probiotics with Garden of Life® RAW Fiber™—a certified organic, RAW, vegan daily fiber formula with ingredients specifically selected for their exceptional ability to support digestive health and function.¹

A high-fiber diet provides numerous health benefits, but getting enough dietary fiber through diet alone can be a big challenge. RAW Fiber™ is an excellent source of fiber, as well as Omega-3 fatty acids from flax and chia seeds.

RAW Fiber™ features a soothing and nourishing blend of both soluble and insoluble fiber—100% RAW, organic sprouted seeds, grains and legumes—with no harsh fibers such as psyllium which can be punishing to sensitive colons.

RAW Fiber™ benefits go beyond typical dietary fiber supplements, supporting digestive and bowel health by helping to maintain a healthy intestinal microbial balance with powerful, clinically studied probiotics for additional digestive support.¹

Go Beyond Organic—with RAW Fiber™ from Garden of Life—15 RAW, organic superfoods, including sprouted seeds, grains and legumes—ingredients specifically chosen for their exceptional ability to support and maintain optimal bowel function and overall health.¹

- Supports healthy gut flora balance, regular bowel function, and overall health¹
- Healthy elimination of toxins¹
- Helps relieve occasional constipation¹
- Supports healthy cardiovascular function¹
- Helps maintain healthy blood sugar levels that are already in the normal range¹
- Helps maintain healthy cholesterol levels that are already in the normal range¹
- Using certified organic fiber does not reintroduce toxins to the digestive tract¹

**RAW • VEGAN • ORGANIC • GLUTEN FREE • DAIRY FREE • PSYLLIUM FREE • LACTOSE FREE • NO FILLERS
NO ISOLATES • NO SYNTHETIC NUTRIENTS • NO ARTIFICIAL SWEETENERS • NO PRESERVATIVES**

Your decision to purchase organic is not only an investment in your health,
but in the health of the planet for generations to come.

¹ 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.



RAW FIBER™

Beyond Organic Fiber

Excellent Source of Fiber - 15 RAW Organic Superfoods

Supports Bowel Regularity and Elimination of Toxins¹

Powerful Probiotics for Added Digestive Support¹

Omega-3 Fatty Acids from Flax and Chia Seeds

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Net Wt 7 oz (200 g)

RAW Food Dietary Supplement



Supplement Facts

Serving Size 1 Scoop (Approximately 0.7 oz or 20 g)

Servings Per Container Approximately 10

	Amount per Serving	% Daily Value
Calories	85	
Calories from Fat	35	
Total Fat	4 g	8% ¹
Total Carbohydrate	11 g	4% ¹
Dietary Fiber	9 g	36% ¹
Soluble Fiber	4 g	+
Insoluble Fiber	5 g	+
Sugars	2 g	+
Protein	6 g	12% ¹
Omega-3 Fatty Acids (Alpha Linolenic Acid)	1 g	+
RAW Organic Sprout & Fiber Blend	19.6 g	+
Organic Flax Seed (Fiber and Sprouts), Organic Amaranth Sprout, Organic Quinoa Sprout, Organic Chia Seed (Fiber and Sprouts), Organic Coconut Fiber, Organic Millet Sprout, Organic Buckwheat Sprout, Organic Garbanzo Bean Sprout, Organic Lentil Sprout, Organic Adzuki Bean Sprout, Organic Sunflower Seed Sprout, Organic Pumpkin Seed Sprout, Organic Sesame Seed Sprout		
Bacillus coagulans 900,000,000 CFU ¹	60 mg	+

¹ Percent Daily Values are based on a 2,000 calorie diet.

+ Daily Value not established.

Other Ingredients: rebaudioside A (Organic RAW Stevia),
100% time of manufacture

Suggested Use: Adults mix 1 scoop with any food or beverage one or more times per day. Children four and older may take 1/2 scoop (10 g) daily. Children should be supervised while consuming this product. RAW Fiber™ can be mixed in smoothies, vegetable or fruit juice, cereal or yogurt. RAW Fiber™ can add nutritional value and fiber to nearly any food or beverage. Scoop included.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

CONTAINS: Tree Nuts (Coconut)

Do not use if safety seal is broken or missing.

Keep out of reach of children.

Store in a cool, dry place.

Contains no filler ingredients, artificial colors or preservatives.

Packaged by weight not volume. Settling may occur.

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We Buy 100% Certified
Renewable Energy



Recyclable Bottle

Distributed by **Garden of Life LLC**
5500 Village Blvd., West Palm Beach, FL 33407 USA

Made in the USA

www.gardenoflife.com

Certified Organic by QAI



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