

PRODUCT #01050

DIRECTIONS: As a dietary supplement, take six (6) tablets before bed with eight ounces of water. Dosage may be increased as directed by a healthcare practitioner. Our products contain organically grown herbs, when available.

Double-sealed for your protection. Do not use if outer seal is broken or missing.

WARNING: Keep out of reach of children. This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

Consumer Information Services
Voice Mail: 800-845-2730
michaelshealth.com

A Division of Inner Health Group, Inc.

Certified by: Rabbi Alan Silver, M.D.
Orthodox Jewish Council



Made in a GMP facility that processes egg, fish, milk, shellfish, soy, tree nut and wheat products.

Made in the U.S.A.
Family owned and operated.

michael's®
naturopathic programs
HEALTHCARE SOLUTIONS SINCE 1984

fiber & more™

comprehensive fiber formula

90 vegan & kosher tablets
comprehensive dietary
supplement
tried & truthful



Supplement Facts

Serving Size: Six (6) Tablets
Servings Per Container: 15

Amount Per Serving	% Daily Value
Dietary Fiber	2.68 g 10%*

Proprietary Blend	4.1 g (4096 mg)	**
Rice Bran (<i>Oryza sativa</i>), Flax Seed (<i>Linum usitatissimum</i>), Psyllium Seed Husk (<i>Plantago psyllium</i>), Apple Fruit, Garlic Bulb (<i>Allium sativum</i>), Pumpkin Seed (<i>Cucurbita pepo</i>), Butternut Root Bark (<i>Juglans cinerea</i>)†, Dandelion Root (<i>Taraxacum officinale</i>), Marshmallow Root (<i>Althea officinalis</i>) and Okra Leaf (<i>Abelmoschus esculentus</i>)		

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

**Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Clear Coating (Hydroxypropyl Methylcellulose).

†Contains tree nut (Butternut).

MANUFACTURED FOR
MICHAEL'S® NATUROPATHIC PROGRAMS
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SAN ANTONIO, TEXAS 78233

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Scan for product information.

