

PRODUCT #01051

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

180 vegan & kosher tablets
comprehensive dietary
supplement

tried & truthful



Supplement Facts

Serving Size: Six (6) Tablets
Servings Per Container: 30

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

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

*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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