

SUGGESTED USE: 3 or more capsules per day with at least 8 oz. of liquid or as recommended by your health care professional. Formulated to be free of allergens derived from: Gluten, yeast, artificial colors and flavors. If you are pregnant or nursing, consult your physician before taking this product. As with all dietary supplements, some individuals may not tolerate or may be allergic to the ingredients used. Please read the ingredient panel carefully prior to ingestion. Cease taking this product and consult your physician if you have negative reactions upon ingestion. **CAUTION:** Without drinking enough liquid, this product may swell in throat, causing blockage or choking. **DO NOT** use if you have ever had esophageal narrowing, or swallowing difficulties. Seek immediate medical help if symptoms of esophageal blockage (chest pain/pressure, regurgitation or difficulty swallowing) occur. May cause allergic reaction in persons sensitive to inhaled or ingested Psyllium. **KEEP CONTAINER TIGHTLY CLOSED. STORE AT ROOM TEMPERATURE. KEEP OUT OF REACH OF CHILDREN.** This product was sealed for your protection. Do not use if outer logoed neck seal or inner-seal is missing or damaged.

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Product #514090

Label ID L-OMP100-514090-L



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**DO NOT ACCEPT IF LABEL
SHOWS SIGNS OF TAMPERING**



Fiber Plus Capsules



**GASTROINTESTINAL
HEALTH**

90 Capsules
Dietary Supplement

Supplement Facts^{v3}

Serving Size 3 Capsules
Servings Per Container 30

3 capsules contain	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Dietary Fiber	2 g	8%*
Soluble Fiber	1 g	
Iron	0.38 mg	2%
Proprietary Blend	1.95 g	
Psyllium Husk Powder (Organic)		**
Psyllium Seed Powder		**
Rice Bran		**
Apple Pectin		**
Fig		**
Prune		**

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

** Daily Value not established

Ortho Molecular Products, Inc. 1991 Duncan Place, Woodstock, IL 60098

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Other Ingredients: Natural Vegetable Capsules, Silicon Dioxide, and Magnesium Stearate.