



NUTRITIONALS

# ALL NATURAL FIBER

## FOOD AND DRINK MIX

To promote regularity,  
heart health & more\*

*Para promover la regularidad,  
salud cardíaca y más\**

GLUTEN  
FREE



Net Wt. 22.2 oz (630g)

## Nutrition Facts

Serving Size: 3 tablespoons (21 g)  
Serving Per Container: 30

|                         |               | Drink Mix<br>with 8 fl. oz.<br>1% Lowfat Milk |                 |
|-------------------------|---------------|-----------------------------------------------|-----------------|
| Amount Per Serving      |               | Drink Mix                                     | 1% Lowfat Milk  |
| Calories                |               | 60                                            | 160             |
| Calories from Fat       |               | 10                                            | 30              |
|                         |               | Amount in Mix                                 | % Daily Value** |
| Total Fat               | Less than 1 g | 1%                                            | 5%              |
| Saturated Fat           | 0 g           | 0%                                            | 8%              |
| Trans Fat               | 0 g           |                                               |                 |
| Cholesterol             | 0 mg          | 0%                                            | 3%              |
| Sodium                  | 60 mg         | 3%                                            | 7%              |
| Potassium               | 120 mg        | 3%                                            | 14%             |
| Total Carbohydrate      | 17 g          | 6%                                            | 10%             |
| Dietary Fiber           | 6 g           | 24%                                           | 24%             |
| Soluble                 | 1 g           |                                               |                 |
| Insoluble               | 5 g           |                                               |                 |
| Sugars                  | 5 g           |                                               |                 |
| Protein                 | 2 g           | 4%                                            | 20%             |
| Vitamin A               |               | 0%                                            | 10%             |
| Vitamin C               |               | 0%                                            | 4%              |
| Calcium                 |               | 6%                                            | 35%             |
| Iron                    |               | 0%                                            | 0%              |
| Vitamin D <sub>3</sub>  |               | 0%                                            | 25%             |
| Thiamine                |               | 0%                                            | 6%              |
| Riboflavin              |               | 8%                                            | 35%             |
| Vitamin B <sub>6</sub>  |               | 0%                                            | 6%              |
| Folic acid              |               | 0%                                            | 2%              |
| Vitamin B <sub>12</sub> |               | 0%                                            | 15%             |
| Pantothenic acid        |               | 4%                                            | 15%             |
| Phosphorus              |               | 6%                                            | 25%             |
| Magnesium               |               | 4%                                            | 15%             |
| Zinc                    |               | 0%                                            | 6%              |

\*\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

|                    | Calories  | 2,000          | 2,500     |
|--------------------|-----------|----------------|-----------|
| Total Fat          | Less than | 65 g           | 80 g      |
| Sat. Fat           | Less than | 20 g           | 25 g      |
| Cholesterol        | Less than | 300 mg         | 300 mg    |
| Sodium             | Less than | 2,400 mg       | 2,400 mg  |
| Potassium          | Less than | 3,500 mg       | 3,500 mg  |
| Total Carbohydrate |           | 300 g          | 375 g     |
| Dietary Fiber      |           | 25 g           | 30 g      |
| Protein            |           | 50 g           | 65 g      |
| Calories per gram  | Fat 9     | Carbohydrate 4 | Protein 4 |

**INGREDIENTS:** Whey powder, maltodextrin, Neo-Polyfibe (soy fiber, whole oat fiber, acerola), psyllium seed, pea fiber, fructose, soy fiber, apple fiber, banana powder, soy lecithin, guar gum, prune powder, almond powder, apricot powder, soy oil and natural flavors. Contains milk, soy and tree nuts (almond, hazelnut).

**DISTRIBUTED BY:**  
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**The convenient way to achieve a natural whole-food, high-fiber diet.**  
Scientific research has shown that a diet low in saturated fat and cholesterol and high in fruits, vegetable and grain products that contain fiber may:

- Promote regularity
- Reduce your risk of certain forms of cancer†
- Reduce your risk of heart disease by helping to lower blood cholesterol†

†Diseases associated with many factors

Each serving provides:

- A rich source of dietary fiber.
- A balanced blend of soluble and insoluble fibers from whole foods.
- Exclusive Neo-Polyfibe. Unlike simple bran, Neo-Polyfibe can help absorb cholesterol from the intestine and carry it out of the body, without robbing trace minerals the way some other fiber products can do.

**DIRECTIONS:** Mix 3 tablespoons in 8 fl. oz. of 1% lowfat milk, water, or your favorite juice/beverage and blend well. Add All Natural Fiber Food and Drink Mix to your favorite NeoLife protein drinks (mix as directed). In your recipes for baked goods, sauces, pasta, casseroles, etc., add 2 or more tablespoons for a fiber boost.

**La manera conveniente para lograr una dieta de alimentos integrales, alta en fibra.** La investigación científica ha mostrado que una dieta baja en grasa saturada y colesterol y alta en frutas, vegetales y productos derivados de los cereales que contienen fibra puede:

- Promueve la regularidad
- Reducir tu riesgo de ciertas formas de cáncer†
- Reducir tu riesgo de una enfermedad cardíaca, ayudando a disminuir el colesterol en la sangre†

†Enfermedades asociada con muchos factores

Cada porción proporciona:

- Una fuente rica en fibra dietética.
- Una mezcla balanceada de fibras solubles e insolubles de alimentos integrales.
- Con el exclusivo Neo-Polyfibe. A diferencia del salvado sencillo, el Neo-Polyfibe puede ayudar a absorber el colesterol desde el intestino y llevarlo fuera del cuerpo, sin robar oligominerales de la manera que lo pueden hacer algunos otros productos de la fibra.

**DIRECCIONES:** Mezclar 3 cucharadas en 8 onzas de leche baja en grasa de 1%, agua, o tu jugo favorito y mezclar bien. Agrega All Natural Fiber Food and Drink Mix a tus bebidas favoritas de proteína de NeoLife (mezclar según lo indicado). En tus recetas para productos horneados, salsas, pasta, guisados, etc., añadir 2 o más cucharadas para una carga de fibra.

Store in a cool, dry place, away from direct sunlight.

No artificial colors, flavors, sweeteners, preservatives or sodium added.

\*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.