



Supplement Facts

Serving Size: 1 pouch (0.7 oz/20g) (makes 8 fl oz prepared)
Servings Per Container: 10

Amount Per Serving	%DV
Calories	70
Total Carbohydrate	18g 6%†
Dietary Fiber	10g 40%†
Soluble Fiber	6g *
Insoluble Fiber	4g *
Sugars	7g *

Vitamin A (as beta-carotene) 1,000 IU 20%
Vitamin C (as ascorbic acid) 30mg 50%

†Percent Daily Values (DV) are based on a 2,000-calorie diet.
*Daily Value not established.

OTHER INGREDIENTS: FIBER BLEND (PSYLLIUM HUSK, OAT FIBER, GUAR GUM, CELLULOSE GEL, CELLULOSE GUM, CITRUS PECTIN, BUTTERNUT BARK POWDER, FRUCTOSE, MALTODEXTRIN, NATURAL FLAVORS, CITRIC ACID, ACESULFAME POTASSIUM, PAPAYA FRUIT POWDER, PRUNE FRUIT EXTRACT, RHUBARB ROOT EXTRACT, BLACK WALNUT HULL POWDER, LICORICE ROOT POWDER, DIGESTIVE ENZYME COMPLEX (AMYLASE, PROTEASE, CELLULASE, LACTASE, URASE), LACTOBACILLUS ACIDOPHILUS AND BIFIDOBACTERIUM BIFIDUM. CONTAINS WALNUTS. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES SOY, PEANUTS, WHEAT, EGGS AND MILK-BASED INGREDIENTS.

FORMULATED/MANUFACTURED EXCLUSIVELY
FOR ADVOCARE® INTERNATIONAL, L.P.
PLANO, TX 75074 • 800-542-4800

Directions for Use: Blend, shake or briskly stir contents of one pouch into 8 fluid ounces of water or beverage of your choice. Consume one or more times per day, preferably before a meal. Drink a minimum of 8 fluid ounces of water immediately after each serving of AdvoCare® Fiber.

CAUTION: PREGNANT OR NURSING WOMEN SHOULD CONSULT A HEALTHCARE PROFESSIONAL PRIOR TO USE. NOT FOR USE BY PERSONS WHO ARE SENSITIVE TO CAFFEINE OR CHOLINE.

NOTICE: THIS PRODUCT SHOULD BE CONSUMED WITH AT LEAST A FULL GLASS OF LIQUID. CONSUMING THIS PRODUCT WITHOUT ENOUGH LIQUID MAY CAUSE CHOKING. DO NOT USE THIS PRODUCT IF YOU HAVE DIFFICULTY IN SWALLOWING.

*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.

KEEP OUT OF REACH OF CHILDREN.

Store product away from excessive heat, light and humidity.
For more information visit www.advocare.com



Fiber

DIETARY FIBER SUPPLEMENT

- 10 grams of fiber per serving
- Fiber maintains bowel regularity*
- Aids in appetite control*

10 grams fiber

6g SOLUBLE

4g INSOLUBLE

ADVOCARE® FIBER CONTAINS A COMBINATION OF SOLUBLE AND INSOLUBLE FIBERS TO HELP EFFECTIVENESS.*

SOLUBLE FIBER:

- PARTIALLY DISSOLVES IN WATER
- HELPS SLOW DIGESTION TO KEEP YOU FEELING FULLER LONGER*

INSOLUBLE FIBER:

- DOES NOT DISSOLVE IN WATER
- HELPS SLOW THE ABSORPTION OF FATS AND SUGARS*

CITRUS
Natural Flavors

10 POUCHES - 0.7 OZ (20g)
NET WT 7 OZ (200g)

WELL