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Supplement Facts

Serving Size: 1 pouch (0.42 oz / 12g) (makes 8 fl oz prepared)
Servings Per Container: 10

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	11g	4%†
Dietary Fiber	10g	40%†
Soluble Fiber	6g	*
Insoluble Fiber	4g	*
Sugars	1g	*

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

OTHER INGREDIENTS: SOLUBLE CORN FIBER, SUGARCANE FIBER, CITRUS PECTIN, CHICORY ROOT FIBER, CELLULOSE GEL, SUGAR, ACACIA GUM, SOY FIBER, PSYLLIUM SEED AND CELLULOSE GUM. **CONTAINS: SOY. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, 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.

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.

For maximum freshness store product in a cool, dry place.

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*

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*

10 grams fiber

6g SOLUBLE

4g INSOLUBLE

UNFLAVORED

10 POUCHES - 0.42 OZ (12g)
NET WT 4.2 OZ (120g)

WELL