



Fiber

DIETARY FIBER SUPPLEMENT

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

CITRUS
Natural Flavors

NET WT 0.7 OZ (20g)

WELL

Supplement Facts

Serving Size: 1 pouch (0.7 oz/20g) [makes 8 fl oz prepared]
Servings Per Pouch: 1

	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.

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.

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, LIPASE), LACTOBACILLUS ACIDOPHILUS AND BIFIDOBACTERIUM BIFIDUM. **CONTAINS: TREE NUTS. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES SOY, PEANUTS, WHEAT, EGGS AND**

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

For more information visit www.advocare.com

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.