



Fiber

DIETARY FIBER SUPPLEMENT

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

PEACHES & CREAM
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	50	
Total Carbohydrate	18g	6%†
Dietary Fiber	10g	40%†
Soluble Fiber	6g	*
Insoluble Fiber	4g	*
Sugars	3g	*
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 (GUM ACACIA, CELLULOSE POWDER, GUAR GUM, PSYLLIUM SEED, OAT BRAN, OAT FIBER, APPLE PECTIN, CITRUS PECTIN), MALTODEXTRIN, FRUCTOSE, NATURAL FLAVORS, MALIC ACID, SUCRALOSE, BEET ROOT POWDER (FOR COLOR). **THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES SOY, TREE NUTS, PEANUTS, WHEAT, EGGS AND MILK-BASED INGREDIENTS.**

FORMULATED/MANUFACTURED EXCLUSIVELY
FOR ADVOCARE® INTERNATIONAL, L.P.,
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For more information visit www.advocare.com

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.

KEEP OUT OF REACH OF CHILDREN.
For maximum freshness store product in a cool, dry place.

*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.