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Since 1972

Intestinal System Support

GUARANTEED PURE

Continued dietary abuse, along with other contributing factors such as stress, fatigue, and lack of exercise may result in occasional constipation, gas, bloating, and other related intestinal distress.

Everybody's Fiber contains soluble, viscous, fermentable fiber and insoluble, non-viscous, slowly-fermentable fiber. All of these fibers are shown to have a positive effect on colon health.*

DIRECTIONS

Mix one scoop (5 grams) in 4 oz. of water or juice.

Store in a cool, dry place.

*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.

This container was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials in its products that are subject to color variation.

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EVERYBODY'S FIBER

- High Mucilage Ingredients Offer Soothing Effects on the Gastrointestinal Tract*
- Promotes Regularity and Helps Prevent the Buildup of Toxic Compounds*

Herbal Dietary Supplement
Net Wt. 4.6 oz. (133.1g)

Stock No. 1336-6
**NATURE'S SUNSHINE
PRODUCTS, INC.**
Spanish Fork, Utah 84660 1-800-223-8225
www.naturessunshine.com

SUPPLEMENT FACTS

Serving Size 5 grams (one scoop)
Servings Per Container 26

Amount Per 5 gram Serving	%Daily Value	
Total Carbohydrate	4 g	1% **
Dietary Fiber	3 g	12% **
Proprietary Blend	4.4 g	†
Apple Fruit Pectin		
Slippery Elm Bark (<i>Ulmus rubra</i>)		

- Short Chain Fructooligosaccharides (prebiotic dietary fiber)
- Chamomile Flowers (*Matricaria recutita*)
- Flax Seed Meal (*Linum usitatissimum*)
- Fennel Seed (*Foeniculum vulgare*)
- Malic Acid
- Marshmallow Root (*Althaea officinalis*)
- Peppermint Leaf (*Mentha x piperita*)
- Stevia Leaf Extract (*Stevia rebaudiana*)
- Asparagus Stem (*Asparagus officinalis*)
- Cat's Claw Inner Bark (*Uncaria tomentosa*)

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

Other ingredients: Natural peach, apricot and plum flavors.

LOT:
Full Potency Through: