



# WHOLE FOOD ORGANIC FIBER

## WITH ENZYMES & PREBIOTICS

Supports Regularity  
and Cardiovascular  
Health\*\*

6g of Organic Fiber

No Psyllium,  
Gluten, Milk or Soy



UNFLAVORED

NET WT 9.03oz (256g)  
DIETARY SUPPLEMENT

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Our Organic Fiber contains fiber from 5 sources with added enzymes and offers a number of benefits. Dietary fiber is specific carbohydrates found in food that your body cannot fully digest. Instead of being digested and absorbed like fats, protein, and digestible carbs, fiber mostly passes through your digestive tract and is commonly classified as soluble or insoluble.

- **Soluble fiber:** This type of fiber dissolves in water to form a gel-like material. It can help support cardiovascular health and healthy blood sugar levels.\*\*
- **Insoluble fiber:** This type of fiber does not dissolve in water and promotes the movement of material through your intestines and increases stool bulk, so it can help support regularity and elimination of digestive toxins.\*\*

**Digestive Support\*\*** - Dietary fiber increases the bulk of your stool and softens it, supporting relief from occasional constipation and irregular bowel movements.\*\* Some fibers also act as prebiotics and support the growth of beneficial bacteria in the digestive tract.\*\*

**Heart Health\*\*** - In addition to gut health, a soluble fiber diet can support cardiovascular health by helping to balance triglyceride and cholesterol levels.\*\*

**Health Weight Management** - High fiber foods have fewer calories for the same volume of food, and tend to be more filling than low-fiber foods, which can help you with satiety. Additional benefits include slowing the digestion of food, which can help curb your appetite and may help balance blood sugar levels.\*\*

- 6g of whole food Organic Fiber
- Supports cardiovascular health\*\*
- Assists with digestive health and regularity\*\*
- Can help support healthy blood sugar balance\*\*
- Aids weight management and appetite control\*\*

**DIRECTIONS:** Add one scoop to at least 10 ounces of liquid. Mixes easily into water, juice, cereal, yogurt, smoothies or your favorite recipes to boost fiber content.

Contains **NO** added milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten or yeast ingredients.

This product is manufactured in a facility that produces other products and may contain trace amounts of milk or egg.

**NOTE:** Bulk forming fibers may affect how some medications are absorbed or work. If taking oral medication it is recommended to take this product at least 2 hours before or 2 hours after your medication.



\*\* 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.

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Certified Organic by ECOCERT ICD

100% VEGAN

### RECOMMENDED USES

USE 1 SERVING PER DAY.



SMOOTHIES



YOGURT/CEREAL



BEVERAGES



COOKING

### DOES NOT CONTAIN

- ⊗ Soy.
- ⊗ Milk.
- ⊗ Gluten.
- ⊗ Psyllium.
- ⊗ Preservatives.
- ⊗ Refined Sugar.
- ⊗ Sugar Alcohols.
- ⊗ Animal Products.
- ⊗ Fillers or Additives.
- ⊗ Artificial Ingredients.

### Supplement Facts

Serving Size 1g (1 level scoop)

Servings Per Container 32

| Amount Per Serving                                                                                                                         |          | %Daily Value* |
|--------------------------------------------------------------------------------------------------------------------------------------------|----------|---------------|
| <b>Calories</b>                                                                                                                            | 10       |               |
| Calories from Fat                                                                                                                          | 0        |               |
| <b>Total Fat</b>                                                                                                                           | 0g       | 0%            |
| Saturated Fat                                                                                                                              | 0g       | 0%            |
| Trans Fat                                                                                                                                  | 0g       | †             |
| <b>Cholesterol</b>                                                                                                                         | 0mg      | 0%            |
| <b>Sodium</b>                                                                                                                              | 25mg     | 1%            |
| <b>Potassium</b>                                                                                                                           | 0mg      | 0%            |
| <b>Total Carbohydrates</b>                                                                                                                 | 7g       | 2%            |
| Dietary Fiber                                                                                                                              | 6g       | 24%           |
| Soluble Fiber                                                                                                                              | 5g       | †             |
| Insoluble Fiber                                                                                                                            | 1g       | †             |
| Sugars                                                                                                                                     | 0g       | †             |
| <b>Protein</b>                                                                                                                             | 0g       | 0%            |
| <b>Organic Fiber Blend</b>                                                                                                                 | 2,990mg  | †             |
| Organic Avocado (3.00mg), Organic Apple (3.00mg), Organic Bamboo (1.00mg), Organic Agave Inulin (3.00mg) and Organic Coffee Berry (3.00mg) |          |               |
| <b>Alpha-Galactosidase</b>                                                                                                                 | 100 GalU | †             |

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.