



Miracle Fiber®

clear mixing
instant dissolving
and unflavored

digestive health[▼]

regularity[▼]

cholesterol[▼]

glucose
support[▼]

satiety[▼]

specialty

net wt. **7 oz.** (197.2 g)
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

Supplement Facts

Serving Size 1 Heaping Teaspoon (5.8 g)
Servings Per Container 34

	Amount Per Serving	% Daily Value
Calories	25	
Total Carbohydrates	6 g	2% [†]
Dietary Fiber (soluble)	5 g	18% [†]
Total Sugars	0 g	*
Inulin (100% natural vegetable fiber)	5.2 g	*

[†] Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Does not contain: Gluten, Salt, Artificial Colors or Flavors.

DIRECTIONS: Add one (1) heaping teaspoon to your favorite food or beverage up to 3 times daily. Stir one (1) heaping teaspoon briskly in 8 oz. or more of water or other beverage, or sprinkle on food.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

▼ 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information and to reorder.



Miracle Fiber® is a clear-mixing, flavor-free, fiber supplement that can enhance the health benefits of the foods or beverages you enjoy every day without altering their taste or texture.

Just dissolve in a glass of water, coffee or tea. Sprinkle it on your favorite foods, cook and bake into your favorite recipes, or blend in protein shakes.

Just 1 heaping teaspoon of Miracle Fiber can provide 20 percent of the daily recommended value for fiber. Try Miracle Fiber today, and start experiencing the remarkable benefits of fiber! It's fiber made easy!

BLOOD LIPIDS

Maintains blood cholesterol and triglyceride levels already within the normal range.

BLOOD SUGAR

Maintains blood glucose levels already within the normal range.

BONE HEALTH

Miracle Fiber may increase calcium and magnesium absorption, promoting bone health.

PREBIOTIC SUPPORT

May increase the amount of beneficial bacteria, promoting intestinal health.

IMMUNE SUPPORT

Promotes growth of intestinal flora for immune system support.

PROMOTES REGULARITY

Provides relief for occasional constipation.

WEIGHT MANAGEMENT

Miracle Fiber may promote regulation of appetite.

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Item No. VS-2528

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