

Dietary Fiber Cellulose

Cellulose is an excellent source of insoluble fiber, which is not readily fermented into short chain fatty acids, has no effect on cholesterol levels, and does not feed undesirable bacteria.*

Suggested Use

As a dietary supplement, 1 teaspoon mixed in water, two to three times daily before meals, or as directed by a healthcare practitioner. Sensitive individuals may want to start with less.

Keep in a cool, dry place, tightly capped.

*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.



Dietary Fiber Cellulose

Insoluble Fiber

Hypoallergenic

Dietary Supplement



250 grams (8.8 oz.)

Supplement Facts

Serving Size 1 Teaspoon (2 g)
Servings Per Container 125

Amount Per Serving		
Calories 8		
	% Daily Value*	
Total Carbohydrates	2 g	<1%
Dietary Fiber	2 g	8%
Cellulose	2 g	†

* Percent Daily Values are based on a 2000 calorie diet.

† Daily Value not established.

Formulated exclusively
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