

0g of SUGAR

11g of FIBER

7g of PROTEIN



BarnDad's FiberDX™ is a 100% natural, time release, soluble and insoluble fiber matrix that naturally reduces hunger and supports healthy weight management, lean muscle and a healthy digestive system. Originally developed in Germany, where it was used to successfully treat diabetic and obese patients, **BFDX™** reduces hunger and slows the digestion and absorption of sugars and carbohydrates. This helps reduce insulin spikes and allows glucose to be metabolized more effectively.

BarnDad's FiberDX™ also supports heart health. It's long been clinically proven that a diet high in fiber helps reduce cholesterol and triglycerides, which has a positive impact on the body's mechanisms for regulating healthy cholesterol production. Health experts recommend a healthy diet include a minimum of 25 grams of fiber per day. One serving of **BarnDad's FiberDX™** provides 11 grams of Fiber, a full 44 PERCENT of your daily fiber requirement.

While many single fiber products or supplements (imbalanced blends) often cause bloating, **BFDX's™** proprietary, eight-layer fiber matrix, works in days to provide consumers all the benefits of a high fiber diet without the negative side effects.*

*BarnDad's FiberDX™ is a flavorless, universal ingredient that easily mixes with water or other beverages and can also be used in baking as a flour substitute, resulting in healthy and delicious meals, snacks and desserts. BarnDad's FiberDX™ is the Ultimate fiber supplement for optimum health, peak performance and vitality at any age.**

DOCTORS RECOMMEND KEEPING BLOOD AND GLUCOSE LEVELS WITHIN A HEALTHY RANGE.*

Cholesterol 125-200 MG/DL | **HDL** Low: > OR = 40 MG/DL | **Hemoglobin** A1C Low: < 6.0%
Glucose 65-99 MG/DL | **LDL** Low: < 130 MG/DL



BarnDad's FiberDX™ is a universal ingredient.



Add to your favorite flavor of protein shake or smoothie



Mix into your morning coffee, tea or juice



Combine BFDX™ with spices in everyday cooking



Stir BFDX™ into hot soups or oatmeal



Thicken stews, sauces and gravy with a BFDX™ roux



Use as a partial flour substitute for everyday baking



11g of Soluble and Insoluble Fiber
44% of daily requirement*

7g of Protein

No bloating or negative side effects*

RESEARCH HAS SHOWN HIGH FIBER AND HIGH PROTEIN DIETS CAN

- Enhance weight management and promote calorie control*
- Feel fuller longer*
- Promote healthy cholesterol, A1C and blood glucose levels*



NET WT 21.1OZ (1.32 LB) 600 gram

Nutrition Facts

Serving Size 1 Scoop (20g)
Serving Per Container 30

Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	
Sodium 70mg	3%
Total Carbohydrate 11g	4%
Dietary Fiber 11g	44%
Sugars 0g	
Protein 7g	14%

Vitamin A 2%	•	Vitamin C 0%
Calcium 2%	•	Iron 0%
Niacin 8%	•	Folate 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:
(BarnDad's FiberDX™) Soy Protein Isolate, Oat Fiber, Soy Fiber, Psyllium, Maltodextrin, Flax Seed, Beet Fiber, Cellulose, Guar, Lecithin.

CONTAINS: SOY
Store in a cool, dry place

Directions: Add 1 scoop (20g) of BarnDad's FiberDX™ to 8-12 ounces of liquid (water, juice, protein shake or favorite non-carbonated beverage) 15 minutes prior to 1 or 2 meals daily.

SHAKE



OR



BAKE

One serving of **BarnDad's FiberDX™** delivers 30%-50% of your daily fiber requirement, designed to help suppress hunger and promote healthy **A1C control.***

For more information: 855-826-2429
www.barndadnutrition.com

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Questions? Call Toll
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*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. For more information on all the BFDX™ benefits, and practices visit: www.BarnDadNutrition.com

Visit our website for recipe information: barndadsfiberdx.com/recipes

Mixes Instantly in Water | Natural & Flavorless