



Bio-Fiber

Soluble Fiber

Dietary Supplement

180 capsules • 750 mg

SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take two capsules two to three times per day with food and water.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 90

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%
Dietary Fiber	1 g	4%
Fibersol [®] -2	1.5 g	*
90% Soluble Dietary Fiber		

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

Other ingredients: Gelatin, microcrystalline cellulose (plant fiber), rice extract blend, stearic acid.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com

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