



fiber blend

a source of insoluble
and soluble fiber

specialty
100 capsules
dietary supplement

digestive health[†]
regularity[†]

gluten
free

dairy
free

nut
free

actual size

Supplement Facts

Serving Size 3 Capsules
Servings Per Container About 33

	Amount Per Serving	% Daily Value
Total Carbohydrates	1 g	<1% [†]
Dietary Fiber	1 g	4% [†]
Oat Fiber (<i>Avena sativa</i>)(hull)	930 mg	*
Brown Rice Bran	825 mg	*
Apple Pectin (<i>Malus domestica</i>)(fruit)	210 mg	*
Citrus Pectin (<i>Citrus spp.</i>)(fruit)	150 mg	*
Soy Fiber (<i>Glycine max</i>)(seed)	150 mg	*
Psyllium Husk (<i>Plantago ovata</i>)(husk)	120 mg	*
Prune (<i>Prunus domestica</i>)(fruit)	75 mg	*
Cabbage (<i>Brassica oleracea capitata</i>)(head)	18 mg	*
Carrot (<i>Daucus carota</i>)(root)	9 mg	*
Broccoli (<i>Brassica oleracea italica</i>)(whole plant)	6 mg	*

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

* Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, modified cellulose.

Contains: Soy.

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

DIRECTIONS: Take three (3) capsules up to twice daily with at least 8 oz. of water and preferably with meals.

WARNING: This product must be taken with at least 8 oz. of water, as it contains Psyllium Husks. Taking Psyllium Husks without a full glass of liquid may cause choking. Do not use this product if you are pregnant, nursing or have difficulty swallowing.

Fiber Blend capsules contain fiber from all 6 fiber groups: cellulose, pectin, gums and mucilages, hemicellulose and lignin.

▼ 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.

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