



# fiber blend

a source of insoluble and soluble fiber

specialty  
600 capsules  
dietary supplement

digestive health<sup>▼</sup>  
regularity<sup>▼</sup>

gluten free

dairy free

nut free

actual size

## Supplement Facts

Serving Size 3 Capsules  
Servings Per Container 200

	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.

▼ 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.

**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.

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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