## **Supplement Facts** Serving Size 1 Scoon (8.9 n)

Amount Per Serving		% Daily Valu
Calories	35	
Total Carbohydrate	6 g	2%*
Dietary Fiber	3 g	11%*
Protein	1 g	
Vitamin C (as calcium ascorbate)	168 mg	1879
Calcium+	20 mg	29
Sodium+	5 mg	<19
Potassium+	70 mg	19
Fiber Blend of Psyllium Seed Husk, Oat Fiber and Wheat Bran	7.5 g	
Lactobacillus acidophilus	1.6 million viable organisms†	

\*\*Percent Daily Values are based on a 2,000 calorie diet

+Typical Analysis. Nutrients are naturally occuring. 'ngredients: Natural orange flavor, citric acid, silica, lo han quo extract (Momordica grosvenorii) (fruit), stevia leaf extract (Stevia rebaudiana).

Fargo, ND 58104 USA TO BEODDER CALL TOLL FIRST \$400-437-4148 or visit our website at www.swansonvitamins.com

SUGGESTED USE: As a dietary supplement, mix one scoop with 8 oz. of water or juice. Stir thoroughly and drink immediately. Follow with an 8 oz. glass of water. New users start with one serving per day. Gradually increase to three servings per day. For maintenance purposes, take one to three servings daily as needed. Scoop included.

NOTE: Product contains a desiccant packet to maintain freshness. Do not eat the desiccant packet.

Store in a cool, dry place. For best results, use within 30 days. Powder may clump or harden. If clumping occurs, simply stir or shake vigorously.



