

The convenient way to achieve a natural whole-food, high-fiber diet. Scientific research has shown that a diet low in saturated fat and cholesterol and high in fruits, vegetable and grain products that contain fiber may:

- Promote regularity
- Reduce your risk of certain forms of cancer*
- Reduce your risk of heart disease by helping to lower blood cholesterol†

*Diseases associated with many factors

Each serving provides:

- A rich source of dietary fiber.
- A balanced blend of soluble and insoluble fibers from whole foods.
- Exclusive Neo-Polyfibe. Unlike simple bran, Neo-Polyfibe can help absorb cholesterol from the intestine and carry it out of the body, without robbing trace minerals the way some other fiber products can do.

DIRECTIONS: Mix 1 scoop or 3 tablespoons in 8 fl. oz. of 1% lowfat milk, water, or your favorite juice/beverage and blend well. Add All Natural Fiber Food and Drink Mix to your favorite NeoLife protein drinks (mix as directed). In your recipes for baked goods, sauces, pasta, casseroles, etc., add 2 or more tablespoons for a fiber boost.

La manera conveniente para lograr una dieta de alimentos integrales, alta en fibra. La investigación científica ha mostrado que una dieta baja en grasa saturada y colesterol y alta en frutas, vegetales y productos derivados de los cereales que contienen fibra puede:

- Promueve la regularidad
- Reducir tu riesgo de ciertas formas de cáncer*
- Reducir tu riesgo de una enfermedad cardíaca, ayudando a disminuir el colesterol en la sangre†

†Enfermedades asociada con muchos factores

Cada porción proporciona:

- Una fuente rica en fibra dietética.
- Una mezcla balanceada de fibras solubles e insolubles de alimentos integrales.
- Con el exclusivo Neo-Polyfibe. A diferencia del salvado sencillo, el Neo-Polyfibe puede ayudar a absorber el colesterol desde el intestino y llevarlo fuera del cuerpo, sin robar oligominerales de la manera que lo pueden hacer algunos otros productos de la fibra.

DIRECCIONES: Mezclando una medida o 3 cucharadas en 8 onzas de leche baja en grasa de 1%, agua, o tu jugo favorito y mezclar bien. Agrega All Natural Fiber Food and Drink Mix a tus bebidas favoritas de proteína de NeoLife (mezclar según lo indicado). En tus recetas para productos horneados, salsas, pasta, guisados, etc., añadir 2 o más cucharadas para una carga de fibra. Store in a cool, dry place, away from direct sunlight.

No artificial colors, flavors, sweeteners, preservatives or sodium added.

*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.



NUTRITIONALS



ALL NATURAL FIBER

FOOD AND DRINK MIX

To promote regularity,
heart health & more*

*Para promover la regularidad,
salud cardíaca y más**

GLUTEN
FREE



Net Wt. 22.2 oz (630g)

Nutrition Facts

Serving Size: 1 scoop or 3 tablespoons (21g)
Serving Per Container: 30

	Drink Mix	Drink Mix with 8 fl. oz. 1% Lowfat Milk
Amount Per Serving		
Calories	60	160
Calories from Fat	10	30

	Amount in Mix	% Daily Value**
Total Fat	Less than 1 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	60 mg	3%
Potassium	120 mg	3%
Total Carbohydrate	17 g	6%
Dietary Fiber	6 g	24%
Soluble	1 g	
Insoluble	5 g	
Sugars	5 g	
Protein	2 g	4%

Vitamin A	0%	10%
Vitamin C	0%	4%
Calcium	6%	35%
Iron	0%	0%
Vitamin D ₃	0%	25%
Thiamine	0%	6%
Riboflavin	8%	35%
Vitamin B ₆	0%	6%
Folic acid	0%	2%
Vitamin B ₁₂	0%	15%
Pantothenic acid	4%	15%
Phosphorus	6%	25%
Magnesium	4%	15%
Zinc	0%	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	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g
Calories per gram	Fat 9	Carbohydrate 4	Protein 4

INGREDIENTS: Whey powder, maltodextrin, Neo-Polyfibe (soy fiber, whole oat fiber, acerola), psyllium seed, pea fiber, fructose, soy fiber, apple fiber, banana powder, soy lecithin, guar gum, prune powder, almond powder, apricot powder, soy oil and natural flavors. Contains milk, soy and tree nuts (almond, hazelnut).

DISTRIBUTED BY:
NeoLife International, LLC
Fremont, CA 94538 U.S.A.

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