

Supplement Facts

Serving Size: 2 tsp (4 g)



- Dissolves completely in most beverages and soft foods
- 100% natural fiber
- Sugar-free
- Gluten-free (less than 20ppm)
- Non-thickening
- Great for cooking
- Available in 20, 38, 62, 90, 125 and 190 servings

	Amount Per Serving	%DV*
Calories	15	
Sodium	0g	0%
Total Carbohydrates	4g	1%
Dietary Fiber	3g	12%
Soluble Fiber	3g	†
Sugar	0g	†

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value not established.

How to Use

Stir 2 teaspoons of Benefiber® into 4-8 oz of beverage or soft food (hot or cold). Stir well until dissolved (up to 60 seconds). Not recommended for carbonated beverages.

Age	Servings	
12 years and above	2 teaspoons	3 times daily
6 to 11 yrs.	1 teaspoon	3 times daily
Under 6 yrs.	Ask your doctor before use	

Keep Benefiber® powder out of reach of children.
If you are pregnant or nursing a baby, ask a health professional before use.