

Enjoy
your fiber
anywhere
you go!

Benefiber

Fiber
Supplement
on the GO!

28

STICK
PACKS

taste-free | grit-free | dissolves completely

SUGAR-FREE 28 - 4g (0.14 OZ) STICK PACKS NET WT. 112g (3.92 OZ)

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Supplement Facts

Serving Size: 1 stick pack (4 g)
Servings Per Container: 28

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

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

† Daily Value not established.

Ingredient: Wheat dextrin
Gluten Free (less than 20 ppm gluten)

The Academy of Nutrition and Dietetics recommends a healthy diet include 20-35 grams of fiber a day.

Tamper Evident Feature: Do not use if sealed packet inside carton is ripped or torn.

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

Store at controlled room temperature 20-25°C (68-77°F).
Protect from moisture.

DIRECTIONS

Stir 1 Benefiber stick pack into 4-8oz. of any beverage or soft food (hot or cold).

Stir well until dissolved (up to 60 seconds).

Not recommended for carbonated beverages.

AGE	SERVINGS	
12 yrs. and above	1 stick pack	3 times daily
6 to 11 yrs.	½ stick pack	3 times daily
Under 6 yrs.	Ask your doctor before use	

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Maintaining good digestive health by getting the fiber you need just got easier.

Benefiber Stick Packs are convenient, pre-measured, single serving sticks that you can mix with almost anything.

Just add Benefiber to all your favorite foods and beverages every day.

Try it in your bottled water, coffee, juice, yogurt, recipes, whatever you desire! Benefiber dissolves completely, so you'll never know it's there. All you'll know is that you'll look and feel great!

• Use it at Home • At Work • Anywhere you GO!

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

✓ Benefiber® guarantees your satisfaction or your money back.

☎ Questions? Call 1-800-452-0051

🌐 or visit us at www.benefiber.com for recipe ideas and additional information.

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