



- Wheat Dextrin
- Clinically proven to curb cravings†
- Dissolves completely in foods & beverages
- 100% natural
- Taste-free & grit-free
- Non-thickening

- Supplement Facts
- Serving Size: One rounded tablespoon (7.4 g)

	Amount Per Serving	%DV*
Calories	30	
Sodium	0mg	0%
Total Carbohydrates	7g	2%
Dietary Fiber	5g	20%
Soluble Fiber	5g	†
Sugar	0g	†

- *Percent Daily Values (DV) are based on a 2,000 calorie diet.
- †Daily Value not established.

- Stir 1 rounded tablespoon of Benefiber® into 8 oz of beverage or soft food (hot or cold). Stir well until dissolved (up to 60 seconds).
2 times daily

Age	Servings	
12 years and above	1 rounded tablespoon	2 times daily
Children under 12 years	Ask your doctor before use	