

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. *Your health & safety are our first priority!*



No Artificial Sweetener, Color or Flavor, No Preservatives, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

NOTICE: Take this product with at least 12 ounces of water or other fluid. Taking this product without adequate fluid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Do not take before bedtime. Fiber products can affect the absorption of many medications. Do not take this product within 2 hours of taking medications.

*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.

TO REORDER PROD. # **52395**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
©2012 Vitamin World, Inc.

B52395 00A



Intestinal Fortitude™

Goes Right to Work

- **EXCELLENT SOURCE OF FIBER**
- **NATURALLY SUPPORTS DIGESTIVE & INTESTINAL HEALTH***
- **NO ARTIFICIAL COLORS OR FLAVORS**

Great Tasting Apple Cinnamon Flavor

NET WT.
13.75 oz. (390 g)

DIETARY FIBER SUPPLEMENT

DIRECTIONS: For adults, mix one (1) scoop (13g) with 12 ounces of water or your favorite beverage, two times daily, preferably with meals.

Supplement Facts

Serving Size 1 Scoop (13g)
Servings Per Container about 30

Amount Per Serving	%Daily Value	
Calories	45	
Total Carbohydrate	12 g	4%**
Dietary Fiber	5 g	20%**
Soluble Fiber	4 g	***
Sugars	5 g	***
Sodium	5 mg	<1%

Intestinal Fortitude™ Proprietary Blend 7,156 mg (7.15 g) ***
Psyllium Husk (*Plantago ovata*), *L. acidophilus* (1 billion CFUs^o), Slippery Elm (*Ulmus rubra*) (bark), Stevia Extract (*Stevia rebaudiana*) (leaf), Turmeric Extract (*Curcuma longa*) (root) (Standardized to contain 95% Curcuminoids)

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Other Ingredients: Fructose, Natural Flavor, Cinnamon Powder.

Contents are sold by weight. Some settling may occur.

◇ at time of manufacture