

PRODUCT #01050

DIRECTIONS: As a dietary supplement, take six (6) tablets before bed with eight ounces of water. Dosage may be increased as directed by a healthcare practitioner. Our products contain organically grown herbs, when available.

Double-sealed for your protection.
Do not use if outer seal is broken or missing.

WARNING: KEEP OUT OF REACH OF CHILDREN. ⚠️ **WARNING:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

Consumer Information Services
Voice Mail: 800-845-2730
www.michaelshealth.com

Certified Kosher.



Made in a GMP facility that processes egg, fish, milk, shellfish, soy, tree nut and wheat products.

Made in the U.S.A.
Family owned and operated.

❖ 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.



HEALTHCARE
SOLUTIONS
SINCE 1984

Michael's® Naturopathic Programs



Fiber & More™

comprehensive fiber formula

90 vegetarian
tablets

COMPREHENSIVE
INTESTINAL
SUPPORT❖

dietary supplement
Synergistically Complete

Supplement Facts

Serving Size: Six (6) Tablets
Servings Per Container: 15

Amount Per Serving	% Daily Value
Dietary Fiber	2.68 g 10%*

Proprietary Blend 4.1 g (4096 mg) **
Rice Bran (*Oryza sativa*), Flax Seed (*Linum usitatissimum*), Psyllium Seed Husk (*Plantago psyllium*), Apple Fruit, Garlic Bulb (*Allium sativum*), Pumpkin Seed (*Cucurbita pepo*), Butternut Root Bark (*Juglans cinerea*)†, Dandelion Root (*Taraxacum officinale*), Marshmallow Root (*Althea officinalis*) and Okra Leaf (*Abelmoschus esculentus*)

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

**Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Pharmaceutical Glaze (Shellac, Povidone).

†Contains tree nut (Butternut).

MANUFACTURED FOR
MICHAEL'S® NATUROPATHIC PROGRAMS
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