

Suggested usage: Mix 1 scoop (5 g) in 8 fl oz of water or non-carbonated beverage 1–2 times per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Naturally sourced from organic guar beans, Reliefiber is a highly soluble dietary fiber and prebiotic that is certified low FODMAP and organic. Reliefiber may reduce the glycemic index of foods, delivers a satiety effect, and promotes balanced digestive health by helping with occasional constipation and diarrhea without causing excess gas or bloating.*

* FODMAPs are a group of short chain carbohydrates and sugar alcohols which can cause occasional gas-related discomfort, constipation, and diarrhea in people with mild digestive issues.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* 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.



MONASH
UNIVERSITY
LOW FODMAP
CERTIFIED™

Monash University Low FODMAP Certified™ food. One serve of this product is low in FODMAPs. A low FODMAP diet does not treat a disease but may help to meet nutritional needs with reduced gastrointestinal symptoms. Monash University receives a licence fee for use of the Monash University Low FODMAP Certified trade marks.

isura™ is a trademark of ISURA.

Organic Guar Fiber from India
Tested and Bottled by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

Certified Organic by Quality Assurance International



 Recyclable container and label.

ORGANIC

DIETARY SUPPLEMENT

LOW FODMAP[†] ReliefiberTM Gut Irritability?

Occasional Constipation, Diarrhea & Bloating*

Non-GMO • Gluten Free

Net Wt 5.3 oz
(150 g)



MONASH
UNIVERSITY
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DISSOLVES COMPLETELY • UNFLAVORED

Supplement Facts

Serving Size 1 Scoop (5 g)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrates	5 g	2%‡
Dietary Fiber	4 g	14%‡
Soluble Fiber	4 g	
Sodium	5 mg	<1%
Reliefiber (organic guar fiber)	5 g	**

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

** Daily Value not established.

Not a significant source of Total Sugars or Added Sugars

Other ingredients: None.



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