

WELLNESS



ORGANIC CRANBERRY, PREBIOTIC FIBER & PROBIOTIC SUPPLEMENT

Promotes digestive balance & urinary tract health*

Natural Organic Cranberry
3 g plant fiber & 3 billion active probiotics**
One serving equals six 8 oz glasses of cranberry juice

30 on-the-go packets



MONASH
UNIVERSITY
LOW FODMAP
CERTIFIED*



DIETARY SUPPLEMENT | NET WT. 5.6 OZ (159 G)

PULL TO OPEN



ORGANIC CRANBERRY, PREBIOTIC FIBER & PROBIOTIC SUPPLEMENT

Life is anything but regular. That's why there's Regular Girl Wellness. This symbiotic blend of cranberry powder, prebiotics, and probiotics have a dual action effect to help promote urinary tract health all while also supporting gastrointestinal health.* That way you can feel your best from the inside out.



BALANCE

It's a beautiful thing

CRANBERRY JUICE POWDER

The organic cranberries come straight from the farm and are an all-natural source of soluble PACs (proanthocyanidins) without the added sugar commonly found in cranberry juice. Cranberries are clinically studied to promote urinary tract health by binding with bad bacteria.*

PROBIOTICS

Billions of probiotics (*Lactobacillus acidophilus*) work in harmony with our prebiotic fiber to help promote good bacteria in the gut.* *Lactobacillus acidophilus* is also naturally found in the female urinary tract microbiome.

PREBIOTIC FIBER

Nourish the good bacteria in your gut with clinically studied soluble fiber (Sunfiber).[†] Gut bacteria are a common source of urinary tract issues, which makes it extra important to have a healthy gut microbiome.

Supplement Facts

Serving Size: 1 Packet (5.3 g)
Servings per Container: 30

	Amount per Serving	% Daily Value
Calories	15	
Total Carbohydrate	5 g	2% [†]
Dietary Fiber	3 g	10% [†]
Total Sugars	1 g	††
Added Sugars	0 g	0% [†]
Organic Sunfiber [®] Guar Fiber	2.25 g	††
Organic SunCran [™] Cranberry Powder	3 g	††
<i>Lactobacillus acidophilus</i>	3 Billion CFU ^{††}	††

† Percent Daily Values are based on a 2000 calorie diet
†† Daily Value not established.

***At time of manufacture.

Other Ingredients: None

WARNING: If pregnant, nursing or taking prescription drugs, consult your healthcare practitioner prior to use. Do not use if safety seal is broken or missing. Keep out of the reach of children. Store in a cool dry place.

Recommendations:

As a dietary supplement, mix one packet (5.3 g) into 6-8 ounces of water or any non-alcoholic beverage. May also be added to smoothies, juices and more.



100% GLUTEN FREE



100% NATURAL



LOW CALORIE



100% VEGAN

www.RegularGirl.com

You Tube f t p i

Monash University Low FODMAP Certified[™]. One serving 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. The Low FODMAP Certified trademark is used under license from Monash University. Sunfiber[®] and SunCran[™] are trademarks of Fyvie International, Inc.



8 50236 00421 7

Manufactured in Canada for: Regular Girl, Minneapolis, MN USA | 1-800-735-9731

Certified Organic by: Pro-Cert

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