PREBIOTIC FIBER & PROBIOTIC BLEND

Life is anything but regular. That's why there's Regular Girl®. A synbiotic blend of prebiotic fiber and probiotics that help support a healthy digestive balance, so you can feel your best from the inside out.*

100% GLUTEN FREE · 100% NATURAL · LOW CALORIE · 100% VEGAN

BALANCE

It's a beautiful thing

PREBIOTIC FIBER

Nourish the good bacteria in your gut with clinically proven soluble fiber (Sunfiber®). It moves through your system at just the right pace so you can say ba-bye to excess gas and bloating.*

PROBIOTICS

Billions of active probiotics (*Bifidobacterium lactis*) work in harmony with our prebiotic fiber to nourish the good bacteria in your gut, which helps promote regularity and intestinal health.*

ON-THE-GO

REGULAR Girl®

PREBIOTIC FIBER & PROBIOTIC BLEND

Promotes healthy digestive balance*

Unflavored

5 g plant fiber & 8 billion active probiotics

Dissolves clear without thickening

15 stick packs

DIETARY SUPPLEMENT | NET WT. 3.175 OZ (90 G)

Supplement Facts

Serving Size: 1 Packet (6 g)
Servings Per Container: 15

	Amount Per Serving	% DV
Calories	10	
Total Carbohydrates	6 g	2%†
Dietary Fiber	5 g	20%†
Sugars	0 g	*
Sunfiber® Guar Fiber	6 g	*
Bifidobacterium lactis	8 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 (6 g) into 6 - 8 ounces of water or any non-carbonated beverage. May also be added to smoothies, cereals and more.

www.RegularGirl.com

Packaged for Regular Girl
Minneapolis, MN USA
1-800-735-9731

Monash University Low FODMAP Certified™. One serving of this product is low in FODMAPs. Sunfiber® is a trademark of Taiyo International, Inc.

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*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.