

Garden of Life

Dr. Formulated ORGANIC FIBER

5g PREBIOTIC FIBER

DELICIOUS CITRUS FLAVOR

PER SERVING FROM 5 NUTRITIOUS ORGANIC SUPERFOODS

Support for Occasional Constipation[†]

Promotes Hunger Control[†]

No Grit or Gummy Texture



PSYLLIUM FREE • GLUTEN FREE • DAIRY FREE

32 SERVINGS Net Wt 7.9 oz (223 g)

DIETARY SUPPLEMENT

Garden of Life

Dr. Formulated ORGANIC FIBER



DAVID PERLMUTTER, M.D.

Formulated by America's Brain-Health Expert, a Board-Certified Neurologist, #1 *New York Times* best-selling author, Fellow of the American College of Nutrition and expert in the human MICROBIOME.

A Delicious Organic Citrus Flavored Fiber that is clear and packed with goodness, **Organic Fiber** is an **easy and convenient** way to boost your favorite beverage or food's nutritional value with a single spoonful.

Prebiotic Fiber from real, **Organic, Non-GMO** Whole Foods helps curb appetite, promotes growth of healthy probiotics in the digestive tract, supports healthy digestion, elimination and occasional constipation.[†]



CERTIFIED ORGANIC

Farmed without the use of toxic pesticides and fertilizers



NON-GMO VERIFIED

Independent, third party verification



VEGAN CERTIFIED

Third party certified by Vegan Action



CERTIFIED GLUTEN-FREE BY NSF

PSYLLIUM FREE • DAIRY FREE • SUGAR FREE

Suggested Use: Adults mix 1 Tablespoon with 8oz of water or juice. Dissolves easily and mixes clearly. Not intended for children.

Supplement Facts

Serving Size 1 Tablespoon (About 7g)
Servings Per Container 32

	Amount Per Serving	% Daily Value
Calories	20	
Total Fat	0 g	0% ¹
Total Carbohydrate	5 g	2% ¹
Dietary Fiber	5 g	18% ¹
Soluble Fiber	4 g	
Insoluble Fiber	1 g	
Total Sugars	0 g	+

Organic Prebiotic Fiber Blend 6 g +
Organic Acacia Fiber (*A. senegal*), Organic Orange (peel), Organic Baobab (fruit), Organic Apple (peel), Organic Cranberry (seed)

¹Percent Daily Values based on a 2,000 calorie diet.
+Daily Value not established.

Other Ingredients: Organic Orange Flavor, Organic Lime Flavor, Organic Tangerine Flavor, Organic Stevia Extract (leaf), Sea Salt.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, giving product to children, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Keep out of reach of children. Store in a cool, dry place. Do not use if seal is damaged or missing. Packaged by weight, not volume. Settling may occur.

Made without dairy or soy ingredients, tree nuts, added sugars, filler ingredients, nor artificial colors, flavors, sweeteners or preservatives.

Manufactured in a facility that also processes egg, milk, soy and tree nuts. May contain traces of soy due to agricultural practices.

[†]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.



Distributed by Garden of Life LLC

4200 Northcorp Parkway
Palm Beach Gardens, FL 33410 USA
Certified Organic by QCS
Made in the U.S.A. from foods grown in the U.S.A. and other countries.
www.gardenoflife.com
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