Great Tasting MiraFIBER™ Orange Flavor

- · A daily supplement that helps add fiber to your diet
- Helps support regularity†*
- +Contains a non-fermentable fiber so it's less likely to cause unwanted gas
- · 100% soluble fiber and gluten-free

Choking: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

KEEP OUT OF REACH OF CHILDREN. In case of overdose, get medical help or contact a Poison Control Center right away.

If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.

Ask a doctor before use if you have:

- a sudden change in bowel habits that persists for two weeks
- abdominal pain, nausea or vomiting

Stop use and ask a doctor if:

- · constipation lasts more than 7 days
- · you have rectal bleeding

These could be signs of a serious condition.

Do not exceed recommended intake.

Store below 77°F. Protect contents from humidity and keep tightly closed.

Do not use if printed inner seal imprinted with "SEALED for YOUR PROTECTION" is broken or missing.

Packaged by weight, not volume. Contents may settle during shipping and handling.

Questions or comments?

Please call 1-800-637-2529 (Mon-Fri 9-5 EST)



Directions: Adults and children 12 years of age and older: Mix 1 heaping tablespoon of product with at least 8 ounces (a full glass) of water or other fluid up to 3 times per day. Taking this product without enough liquid may cause choking. See choking warning.

Supplement Facts

Serving Size: 1 heaping tablespoon (19 g) Servings Per Container: Approx. 45

	Amount Per Serving	% Daily Value
Calories	70	
Total Carbohydrate	18 g	6%*
Dietary Fiber	2 g	8%*
Soluble Fiber	2 g	**
Sugars	16 g	**
Sodium	5 mg	<1%
Methylcellulose	2 g	**
*Percent Daily Values are based o	on a 2,000 calorie diet.	

INGREDIENTS: Sugar, Methylcellulose, Citric Acid; Less Than 2% Of: Adipic Acid, FD&C Yellow #6 Lake, Natural and Artificial Flavors, Potassium Citrate, Riboflavin, Silicon Dioxide, Sorbitol.

Product of South Korea

Dist. by:

Bayer HealthCare LLC Whippany, NJ 07981

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