

equate™

Compare to
Benefiber®
Fiber Content*

Clear Soluble Fiber Powder

100% Natural Fiber Supplement

- Makes taking fiber easier
- Sugar-free and flavor-free
- Non-thickening and grit-free
- Great for cooking
- Dye-free
- Gluten-Free



Dissolves completely
in beverages and
soft foods!

NET WT 16.7 OZ (1 LB 0.7 OZ) 475 g

125
SERVINGS



Supplement Facts

Serving Size 2 tsp. (3.8 g)

Servings Per Container 125

Amount Per Serving	% DV**
Calories 15	
Sodium 0 mg	0%
Total Carbohydrate 4 g	1%**
Dietary Fiber 3 g	12%**
Soluble Fiber 3 g	†
Sugars 0 g	†

**Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENTS: Dextrin.

DISTRIBUTED BY: Wal-Mart Stores, Inc.,
Bentonville, AR 72716

*This product is not manufactured or distributed by Novartis Consumer Health, Inc., the owner of the registered trademark Benefiber®.

SUGGESTED USE: Stir 2 level teaspoons (3.8 g) of powder into 4–8 oz. of beverage or soft food (hot or cold) until dissolved.

Warning: Not recommended for carbonated beverages.

See dosage chart below to determine your correct dose.

Age	Dosage	
12 yrs. and above	2 teaspoons	3 times daily†
6–11 yrs.	1 teaspoon	3 times daily†
Under 6 yrs.	Ask your doctor before use	

†Not to exceed 6 tsp. per day

†Not to exceed 3 tsp. per day



1. Sprinkle in the appropriate dose to at least 4 oz. of a beverage or soft food.

2. Stir until dissolved and enjoy.

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