

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 1 heaping tablespoon, 1 to 3 times a day. **CHILDREN 6-12:** 1/2 to 1 level tablespoon, 1 to 3 times a day. Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed. Stir powder into 8 ounces of water. Drink immediately. Drink additional water as needed. If minor gas or bloating occurs, reduce the amount you take until your system adjusts. Take with meals or between meals. Use every day for best results.

As with all bulking fiber supplements, do not take within 1 to 2 hours of prescription medications. If you are taking medication or are under a doctor's care, consult a health professional before use.

Fill controlled by weight, not volume. Contents may settle during shipping and handling. Store at room temperature. Keep lid tightly closed to protect from humidity.

INGREDIENTS: Fructose, psyllium seed husks, acacia gum, non-GMO soy fiber, gluten-free oat bran, natural orange flavor, citric acid, apple fiber, annatto-turmeric color.

Yerba Prima, Inc.
740 Jefferson Ave., Ashland, OR
97520, USA
email: yerba@yerbaprime.com
Made in U.S.A.

© Yerba Prima 2018 198L
Come visit us at our web site:
www.yerbaprime.com

Supplement Facts

Serving size 15.1 grams (1 heaping tablespoon)
Servings per container 36

Amount per serving	% Daily Value**
Calories 50	
Total Fat 0 g	0%
Total Carbohydrate 12.9g	5%
Dietary Fiber 5.4g	18%
Soluble Fiber 4.4g	
Insoluble Fiber 1g	
Total Sugars 7.5g	
Includes 7.5g Added Sugars	15%
Protein <1g	
Calcium 15 mg	<2%
Sodium 5 mg	<2%
Potassium 50 mg	<2%
Concentrated fiber blend	6.8g **
Psyllium seed husks	
Acacia gum	
Non-GMO Soy fiber	
Gluten Free Oat bran	
Apple fiber	

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

** Daily Value not established.

Yerba Prima®

DAILY FIBER® FORMULA

NEW & IMPROVED



Vegan Friendly

GREAT *Orange* TASTE
HEALTHY FIBER®



Premium Dietary Fiber Supplement
Net Wt 16 oz (453 g)

Yerba Prima®

- All 5 fiber types—soluble and insoluble*
- Prebiotic—supports friendly bacteria*
- Gluten-free and non-GMO*
- No preservatives, artificial color or flavors, magnesium stearate, maltodextrin, binders, or fillers

Daily Fiber, Orange Flavor is a concentrated source of all 5 fiber types. Health authorities recommend at least 25 to 40 grams of fiber every day, but most of us consume only 10 to 15 grams a day. We need fiber for normal regularity and for digestive health.*

Daily Fiber, Orange Flavor prebiotic action supports friendly bacteria and moves waste material more quickly through the colon.*

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

SAFETY SEALED: Do not use this product if printed band around cap is broken or missing.

CALIFORNIA RESIDENTS ONLY!

Proposition 65
WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

