**SUGGESTED USE:** ADULTS AND CHILDREN OVER 12: 1 heaping teaspoon in 8 ounces or more of liquid, 1 to 3 times a day. To help support heart health, take 2 servings a day with meals. Start by taking 1 serving each day. After a few days, increase to 2 servings per day. Stir powder briskly into **at least 8 ounces (a full glass) of water**. Drink immediately. For easiest mixing, shake in a closed jar. If product is too thick when consuming, add more water and stir. Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts. **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.

No preservatives. No artificial flavor. No artificial color. No added sugar, binders or fillers.

**INGREDIENTS:** Psyllium seed husks, acacia gum, Gluten Free oat bran, apple fiber, apple pectin. Note: The carbohydrate in this product is primarily non-digestible fiber; digestible carbohydrate is only 1/2 gram per serving.

**Yerba Prima, Inc.**
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Ashland, OR 97520, USA
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Made in U.S.A.

**Come visit us at our web site: www.yerbaprima.com**

## Supplement Facts

Serving size 7.1 grams (1 heaping teaspoon)
Servings per container: 48

| Amount per serving | % Daily Value* |
|---|---|
| **Calories** 20 | |
| **Total Fat** 0 g | 0% |
| **Total Carbohydrate** 5.8 g | 2% |
| **Dietary Fiber** 5.3 g | 21% |
| **Soluble Fiber** 4.4 g | |
| **Insoluble Fiber** 0.9 g | |
| **Sugars** 0 g | |
| **Protein** <1 g | |
| **Calcium** 20 mg | <2% |
| **Sodium** 5 mg | <2% |
| **Potassium** 60 mg | <2% |
| Concentrated fiber blend<br>Psyllium seed husks<br>Acacia gum<br>Gluten Free Oat bran<br>Apple fiber<br>Apple pectin | 7.1 g† |

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Yerba Prima®

# SOLUBLE FIBER FORMULA

HEART HEALTHY

**Concentrated Soluble Fiber**

**PROMOTES HEART HEALTH***

Gluten Free

MADE IN U.S.A.

Lab NON GMO Tested

Premium Dietary Fiber Supplement

Net Wt 12 oz (340 g)

Yerba Prima®

**Doctors Recommend Soluble Fiber for Heart Health***
**Concentrated Soluble Fiber**
**Also Promotes Regularity***
**Take Every Day for Best Results**

**Soluble Fiber Formula** – Take every day to help promote heart health by supporting healthy cholesterol levels within the normal range. Help guard your heart's health with the extra nutrition provided by Soluble Fiber Formula. To help support heart health, take 2 servings a day, with meals.*

**Soluble Fiber Formula** provides concentrated soluble fiber from multiple sources, including psyllium husk, acacia gum and oat bran.

*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.

**CAUTION:** A very small percentage of individuals, particularly health care providers who have been occupationally exposed to psyllium dust, may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction. If you experience a strong reaction, with difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Keep out of the reach of children. 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. For more information about Prop 65, see www.yerbaprima.com.

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