



Organic Vital FIBER is formulated by digestive care expert **Brenda Watson.**

Brenda created this great tasting, certified organic daily formula to contain mostly insoluble fiber. Insoluble fiber is known to absorb toxins and promote bowel regularity without the unwanted side effects

such as occasional gas and bloating sometimes produced by other fibers.*

Brenda Watson
Founder of Vital Planet



Assembled in a facility in the USA that is GMP

13 GRAMS OF FIBER PER SERVING!

CONTAINS NO: GMOs, yeast, wheat, gluten, psyllium, soy, dairy, tree nuts, salt, sugar, animal products, binders, fillers or artificial ingredients

* 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.



Brenda Watson's
VITAL PLANET™
ORGANIC
Vital FIBER™

FLAX ♦ PEA ♦ HEMP

- Supports Elimination of Toxins*
- Promotes Bowel Regularity*
- Non-Gas & Bloating Formula*



NET WT. 7.76 OZ. (220 G.)

DIETARY SUPPLEMENT

Directions: Mix two (2) scoops in 8 ounces of water, juice or your favorite smoothie or shake.

Supplement Facts

Serving Size 2 Scoops (22 g)

Servings Per Container Approximately 10

	Amount Per Serving	%DV**
Calories	100	
Total Fat	4 g	5%**
Total Carbohydrate	14 g	5%**
Dietary Fiber	13 g	46%**
Soluble Fiber	2 g	†
Insoluble Fiber	11 g	†
Protein	3 g	6%
Calcium	70 mg	5%
Iron	1.9 mg	11%
Potassium	130 mg	3%
Omega-3 Fatty Acids (alpha linoleic acid)	1.9 g	
Organic Vital Fiber Blend	22 g	†
Organic flaxseed, Organic pea fiber, Organic Fennel Seed, Organic Triphala fruit extract (blend of <i>Phyllanthus emblica</i> , <i>Terminalia chebula</i> & <i>Terminalia bellerica</i>), Organic Marshmallow Root, Organic Slippery Elm bark, Organic Hemp Protein		

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

† Daily Value not established.

Other Ingredients: Organic stevia extract.

DISTRIBUTED BY: VITAL PLANET 133 CANDY LN., PALM HARBOR, FL 34683

QUESTIONS OR COMMENTS? 800.938.8482 OR VITALPLANET.COM

CERTIFIED ORGANIC BY THE WASHINGTON DEPARTMENT OF AGRICULTURE

Store at 15-30°C (59-86°F). Protect from heat, light and moisture.

KEEP OUT OF REACH OF CHILDREN. Consult your physician prior to using this or any product if you are pregnant, nursing, taking any medication or have a medical condition. This product should be consumed with 8 oz of liquid. Consuming this product without enough liquid may cause choking. Do not use this fiber supplement if you have difficulty in swallowing. Contents may settle during storage and handling.

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TAMPER EVIDENT: DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING.