

SUGGESTED USE: 3 or more capsules per day with at least 8 oz. of liquid or as recommended by your health care professional. Formulated to be free of allergens derived from: Gluten, yeast, artificial colors and flavors. If you are pregnant or nursing, consult your physician before taking this product. As with all dietary supplements, some individuals may not tolerate or may be allergic to the ingredients used. Please read the ingredient panel carefully prior to ingestion. Cease taking this product and consult your physician if you have negative reactions upon ingestion. **CAUTION:** Without drinking enough liquid, this product may swell in throat, causing blockage or choking. DO NOT use if you have ever had esophageal narrowing, or swallowing difficulties. Seek immediate medical help if symptoms of esophageal blockage (chest pain/pressure, regurgitation or difficulty swallowing) occur. May cause allergic reaction in persons sensitive to inhaled or ingested Psyllium. **KEEP CONTAINER TIGHTLY CLOSED. STORE AT ROOM TEMPERATURE. KEEP OUT OF REACH OF CHILDREN.** This product was sealed for your protection. Do not use if outer logoed neck seal or inner-seal is missing or damaged.

Label ID L-GRO921-514090-A
Product #514090



Fiber Complete

dietary supplement
professional use only

8 90 Capsules

Supplement Facts^{V4}

Serving Size 3 Capsules
Servings Per Container 30

3 capsules contain	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Soluble Fiber	1 g	
Iron	0.38 mg	2%
Potassium	15 mg	<1%
Proprietary Blend	1.95 g	
Psyllium Husk Powder (Organic)		**
Flaxseed Flour (Organic)		**
Rice Bran		**
Apple Pectin		**
Fig		**
Prune		**

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

Distributed By: NHC | 310 N Westhill Blvd | Appleton, WI 54914

Other Ingredients: Natural Vegetable Capsules, Magnesium Stearate, Ascorbyl Palmitate, and Silicon Dioxide