

 = 4
**Grams of Daily
Prebiotic Fiber**

**Chewable tablets
in tasty flavors****

AGE	SERVING SIZE
13 yrs. to adult	2 tablets (4 g fiber) up to 6 tablets per day ¹
Children (4-12 yrs.)	1 tablet (2 g fiber) up to 3 tablets per day ¹
Children under 4 yrs.	Consult a physician

Children: Product should be fully chewed under adult supervision.



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Fiber Choice®

Daily Prebiotic Fiber Supplement

*The same fiber found in
many fruits & vegetables*

*Helps support regularity**



ACTUAL SIZE

ASSORTED FRUIT FLAVORS**

90 SUGAR-FREE²
CHEWABLE TABLETS

DIRECTIONS: Adults: Chew 2 tablets up to 3 times a day. Start with 2 tablets, once a day. Then increase dose at steady intervals, preferably with a meal, to enable the microbiome to better adjust to the prebiotic benefit, if discomfort is felt, reduce dose. Do not exceed 6 tablets per day.

Supplement Facts

Serving Size 2 tablets

Servings Per Container 45

Amount Per Serving	% Daily Value
Calories	20
Total Carbohydrate	8 g 3%†
Dietary Fiber	4 g 14%†
Soluble Fiber	4 g ‡
Sorbitol	3 g ‡

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

‡ Daily Value not established.

INGREDIENTS: Inulin (from chicory root), sorbitol, corn starch, microcrystalline cellulose, dextrose¹, citric acid (preservative), magnesium stearate, artificial flavors^{***}, Red 40 Lake, Blue 1 Lake, Blue 2 Lake, Yellow 5 Lake.

* Adds a trivial amount of sugar.

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QUESTIONS OR COMMENTS: 1-855-GUT-GARD

To learn more, go to FiberChoice.com

Individual results may vary. If pregnant, breastfeeding, have a medical condition, or an allergy issue, or are on medication, consult a physician before using. If minor gas or bloating occurs, reduce daily serving.

KEEP OUT OF REACH OF CHILDREN.

Tamper Evident: Do not use if inner seal beneath the cap is missing or broken.

Store at room temperature 68°-77°F.

Keep container tightly closed.

Manufactured under Good Manufacturing Practices. Processed in a facility that may also process milk, eggs, fish, shellfish, nuts, wheat, and soy.

Daily Prebiotic Fiber Supplement*

Why is Fiber Choice®... The Smart Choice®?

Fiber Choice is made with inulin, a fiber found in many fruits and vegetables.¹ Inulin is a prebiotic fiber, meaning it stimulates the growth and activity of the friendly, good bacteria that live in your digestive system.*

Prebiotic Fiber Nurtures Your Digestive Health*

It keeps food moving through your system, supporting your digestive tract and aiding in regularity.*

Prebiotic Fiber Helps Maintain a Healthy Immune System*

A healthy digestive tract is vital for a healthy immune system.* Inulin helps keep your digestive tract balanced.*

Prebiotic Fiber Supports Good Overall Health*

Daily intake of fiber is an important part of your overall good health.* Most Americans only get about half of the recommended 25-38 grams of fiber each day. So when you can't get the fiber you need from healthy food, Fiber Choice is a simple and tasty way to help close The Fiber Gap®.

To learn more, go to FiberChoice.com

¹ The inulin in this product is sourced from a vegetable (chicory root).

² Not a low calorie supplement.

³ Do not exceed 6 tablets.

⁴ Do not exceed 3 tablets.

⁵ Among gastroenterologists who recommended a chewable fiber brand (tablets and gummies), KANA Probiotic survey (June 2019).

Generally, the most current information can be found on FiberChoice.com.

*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.