



Metabolism & Energy*

Fiber Choice® Metabolism & Energy is an excellent source of **vitamins B6 and B12**, which help support your metabolic system and energy production.*

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

Fiber Choice® is made with inulin, a fiber found in many fruits and vegetables. 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 Helps Support the Immune System*

A healthy digestive tract is vital for a healthy immune system.* Inulin helps keep your digestive tract balanced and the bad bacteria in check.*

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 foods, Fiber Choice® is a simple and tasty way to help close The Fiber Gap™.



AGE	SERVING SIZE
14 yrs. to adult	2 gummies (3 g fiber) up to 8 per day ¹
Children (4-13 yrs.)	1 gummy (1.5 g fiber) up to 4 per day ¹
Children under 4 yrs.	Consult a physician

Children: Product should be fully chewed under adult supervision.

¹Do not exceed 8 gummies per day.

Store at room temperature 68°-77°F.

Keep container tightly closed.

²Among gastroenterologists who recommended a chewable fiber brand (tablets and gummies). IQVIA ProVoice survey (June 2020).

*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.



Fiber Choice®

Daily Prebiotic Fiber Supplement

The same fiber found in many fruits & vegetables

*Helps support regularity**

Metabolism & Energy* Fruity Bites

Assorted Tropical Fruit Flavors
90 GUMMIES



Metabolism & Energy*

Fiber Gummies in tasty flavors

DIRECTIONS: Chew 2 gummies up to 4 times a day. Start with 2 gummies, 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 8 gummies a day.

Supplement Facts

Serving Size 2 Gummies (7g)
Servings Per Container 45

	Amount per serving	% Daily Value
Calories	15	
Total Carbohydrate	5 g	2%*
Dietary Fiber	3 g	11%*
Total Sugars	2 g	--
Vitamin B ₆	9 mg	529%
Vitamin B ₁₂	31.3 mcg	1304%
Sodium	10 mg	<1%

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

**Daily Value not established.

INGREDIENTS: Inulin (sourced from chicory root), sugar, pectin, citric acid, pyridoxine hydrochloride, natural flavors (passion fruit, mango, guava, other natural flavors), cyanocobalamin, sodium citrate, colors added (black carrot, annatto), vegetable oil, carnauba wax.

Manufactured in the USA under Good Manufacturing Practices.
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Boca Raton, FL 33487

QUESTIONS?

1-855-GUT-GARD

To learn more, go to FiberChoice.com

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

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

KEEP OUT OF REACH OF CHILDREN.