



Benefiber® Powder

Benefiber is 100% natural fiber that you can mix with almost anything. It's taste-free, grit-free and will never thicken. So it won't alter the taste or texture of your foods or beverages†. Be creative with Benefiber. Try it in your coffee, juice, yogurt, or in anything that you cook or bake.



Attributes

- Non-thickening powder
- Sugar-free
- Flavor-free
- Great for cooking
- Dissolves completely in beverages† and soft foods
- Available in 20, 38, 62, 90, 125, and 190 servings

Ingredient

Wheat dextrin

Gluten-free (less than 20 ppm gluten)

Supplement Facts

Serving Size: 2 tsp (3.5g)

	Amount Per Serving	%DV*
Calories	15	
Sodium	0mg	0%
Total Carbohydrates	4g	1%
Dietary Fiber	3g	12%
Soluble Fiber	3g	†
Sugar	0g	†

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

†Daily Value not established.

Directions

Stir 2 teaspoons of Benefiber into 4-8 oz of any beverage† or soft food (hot or cold). Stir well until dissolved.

AGE	SERVINGS	
12 yrs. to adult	2 teaspoons	3 times daily
6 to 11 yrs.	1 teaspoon	3 times daily
Under 6 yrs.	Ask your doctor before use	

Keep out of reach of children.

If you are pregnant or nursing a baby, ask a health professional before use.

†Not recommended for carbonated beverages.