



Benefiber® Stick Packs

Benefiber Stick Packs make taking fiber easier! Now it's easier than ever to add fiber to your diet with Benefiber Stick Packs. Convenient, pre-measured, single serving sticks that you can mix with almost anything†. Use it at home. At work. Anywhere you go!



Attributes

- Powder
- One serving
- Net wt. .12 oz (3.5 g)

Ingredient

Wheat dextrin

Gluten-free (less than 20 ppm gluten)

Supplement Facts

Serving Size: 1 Packet

	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 one packet of Benefiber into 4-8 oz of beverages or soft food. Stir well until dissolved.

Keep out of reach of children.

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