

ON-THE-GO



**PREBIOTIC FIBER &  
PROBIOTIC SUPPLEMENT**

Promotes healthy digestive balance\*

*Unflavored*  
5 g plant fiber & 8 billion active probiotics  
Dissolves clear without thickening

7 stick packs



DIETARY SUPPLEMENT | NET WT. 1.48 OZ (42 G)



**PREBIOTIC FIBER &  
PROBIOTIC SUPPLEMENT**

Life is anything but regular. That's why there's Regular Girl®. A synbiotic blend of prebiotic fiber and probiotics that help support a healthy digestive balance, so you can feel your best from the inside out.\*



**BALANCE**

*It's a beautiful thing*

**PREBIOTIC FIBER**

Nourish the good bacteria in your gut with clinically proven soluble fiber (Sunfiber®). It moves through your system at just the right pace without causing excess gas and bloating.\*

**PROBIOTICS**

Billions of active probiotics (*Bifidobacterium lactis*) work in harmony with our prebiotic fiber to nourish the good bacteria in your gut, which helps promote regularity and intestinal health.\*



Rev. 1

\*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.

**Supplement Facts**

Serving Size: 1 Packet (6 g)

Servings Per Container: 7

|                               | Amount per Serving | % Daily Value |
|-------------------------------|--------------------|---------------|
| Calories                      | 10                 |               |
| Total Carbohydrates           | 6 g                | 2%†           |
| Dietary Fiber                 | 5 g                | 18%†          |
| Total Sugars                  | 0 g                | **            |
| Organic Sunfiber® Guar Fiber  | 6 g                | **            |
| <i>Bifidobacterium lactis</i> | 8 Billion CFU¹     | **            |

†Percent Daily Values are based on a 2000 calorie diet.

\*\*Daily Value Not Established. ¹At time of manufacture.

Other Ingredients: None

**WARNING:** If pregnant, nursing or taking prescription drugs, consult your healthcare practitioner prior to use. Do not use if safety seal is broken or missing. Keep out of the reach of children. Store in a cool dry place.

**Recommendations:**

As a dietary supplement, mix one packet (6 g) into 6 - 8 ounces of water or any non-carbonated beverage. May also be added to smoothies, cereals and more.

Monash University Low FODMAP Certified™. One serving of this product is low in FODMAPs. A low FODMAP diet does not treat a disease but may help to meet nutritional needs with reduced gastrointestinal symptoms. Monash University receives a license fee for use of the Monash University Low FODMAP Certified trademarks.

Sunfiber® is a trademark of Taiyo International, Inc. Certified Organic by: Pro-Cert



100%  
GLUTEN FREE



100%  
NATURAL



LOW  
CALORIE



100%  
VEGAN

[www.RegularGirl.com](http://www.RegularGirl.com)



Packaged For:  
Regular Girl | Minneapolis, MN USA  
800-735-9731