

Increase Dietary Fiber Intake to Support Optimal Gut Health!
Consuming a low fat, high fiber diet has positive health benefits.[†]
Our **Super Fiber Tabs** includes three sources of fiber,
supporting colon health and regularity by adding fiber and bulk to
the diet.[†]

SUGGESTED USE: Take three tablets daily, 30 minutes prior to
meals with at least 8 oz. of water. Because this product contains
fiber, it is recommended to consume adequate fluids throughout
the day.

CONTAINS NO artificial colors, flavors or preservatives; no
wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean
shellfish or fish.

Store in a cool, dry place.

NOTICE:

This product should be consumed with at least a
full glass of liquid. Consuming this product without
enough liquid may cause choking. Do not consume
this product if you have difficulty in swallowing.

We Guarantee Our Supplements for Potency and Purity.
To report a serious adverse event, call 1-888-710-0006

[†] 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.



Woodstock
— VITAMINS —

Super Fiber Tabs

SUPPORTS COLON HEALTH
AND REGULARITY[†]



DIETARY SUPPLEMENT
100 Vegan Tablets

Supplement Facts

Serving Size 3 Tablets

Servings Per Container About 33

Amount Per Serving	% Daily Value	
Calories	10	
Total Carbohydrates	2 g	1%**
Dietary Fiber	2 g	7%**
Oat Fiber	1.35 g	*
Guar Gum	450 mg	*
Psyllium Husks	450 mg	*

* Daily Value not established.

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

Other Ingredients: Cellulose, stearic acid (vegetable source),
modified cellulose gum, silica, magnesium stearate
(vegetable source).

Distributed by: Village Vitality LLC

Woodstock, NY 12498

woodstockvitamins.com

KEEP OUT OF REACH OF CHILDREN.

VVL 139-100M

