

reduce insulin spikes as it slows the digestion and absorption of sugars and carbohydrates, allowing glucose to be metabolized more effectively.

BarnDad's FiberDX® also supports heart health. It's long been clinically proven that a diet high in fiber helps reduce cholesterol and triglycerides, which has a positive impact on the body's mechanisms for regulating healthy cholesterol production within normal ranges. Health experts recommend a balanced diet include a minimum of 25 and up to 50 grams of fiber per day.

BarnDad's FiberDX® STRAWBERRY CREAM takes your daily fiber routine to the next level! We've boosted our original formula with over 25% more fiber and over 85% more protein per serving. Plus! With BFDX's STRAWBERRY CREAM, you will get all the same incredible health benefits of our original BarnDad's FiberDX® mixed with the irresistible delight of a smooth and creamy strawberry flavor. No artificial sweeteners, bloating or negative side effects.

BFDX's STRAWBERRY CREAM is a decadent and delicious fiber supplement that mixes easily with water or other beverages. Satisfy your strawberry cravings and your daily fiber needs with BFDX's STRAWBERRY CREAM.

DOCTORS RECOMMEND KEEPING BLOOD GLUCOSE LEVELS WITHIN A HEALTHY RANGE.

Cholesterol 125-200 MG/DL

HDL Low: > OR = 40 MG/DL

Glucose 65-99 MG/DL

Hemoglobin A1C Low: < 6.0%

LDL Low: < 130 MG/DL

BFDX's STRAWBERRY CREAM is easily used for making baked goods with added nutrition & great strawberry flavor.

Waffles, muffins, cakes, cookies, etc...

Visit our website for recipe information: barndadsfiberdx.com/recipes

STRAWBERRY CREAM
NATURALLY SWEETENED

BarnDad's
FIBER DX
8-LAYER FIBER MATRIX **NEW**

Strawberry Cream

RESEARCH HAS SHOWN HIGH FIBER & HIGH PROTEIN DIETS CAN

Enhance weight management & promote calorie control

Promote healthy cholesterol, A1C & blood glucose levels within normal range



52%
OF YOUR DAILY
FIBER REQUIREMENT

80 CALORIES
13g FIBER
13g PROTEIN



STRAWBERRY CREAM
NATURAL & ARTIFICIAL FLAVORED

No Bloating or Negative Side Effects



Success Continues Within

Nutrition Facts	
Serving Size: 1 Scoop (31g)	
Servings Per Container: 20	
Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 260mg	10%
Potassium 290mg	6%
Total Carbohydrate 11g	4%
Dietary Fiber 13g	52%
Sugars 0g	
Protein 13g	26%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a  Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients: BarnDads FiberDX® (Soy Protein Isolate, Oat Fiber, Soy Fiber, Psyllium, Fibersol, Flax Seed, Beet Fiber, Cellulose, Oat Bran Fiber, Lecithin), Whey Protein Concentrate, Soy Protein Isolate, Caseinate, Salt, Natural Strawberry Flavors, Xanthan Gum, Monk Fruit Extract and Stevia.

CONTAINS: SOY PROTEIN & MILK PROTEIN
Store in a cool, dry place.

Directions: Add 1 scoop (31g) of BarnDad's FiberDX® STRAWBERRY CREAM to 8-12 ounces of liquid (water, milk, protein shake or favorite non-carbonated beverage) 15 minutes prior to 1 or 2 meals daily.

SHAKE



OR

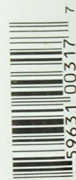


BAKE

One serving of BFDX® STRAWBERRY CREAM delivers 52% of your daily fiber requirement, designed to help suppress hunger and promote healthy blood glucose & A1C levels within normal range.

For more information: 855-826-2429
www.barndadnutrition.com

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Mixes Instantly In Water