

**no mixing, no mess
just clear liquid fiber**

Ready Fiber is a medical-grade, liquid fiber supplement. This formula was used by doctors to support healthy, predictable regularity.* Every 1 Fl Oz serving contains 12 grams of soluble fiber (300% more than the leading powders). Plus, it includes the prebiotic FOS to help your gut's natural microbiome flourish.* Ready Fiber is taste-free, and can be added to any hot, or cold, food, or beverage.

how to use

Take one to two Tablespoons (½ to 1 Fl Oz) daily at any time. Do not use cap to measure dose. Take straight, or added to any food, or beverage. Always consume plenty of water when taking any fiber product.

HEALT **HD** IRECT.

**ready
fiber**

**300% more fiber
ready-to-drink
prebiotic support**

UNFLAVORED

Dietary Supplement 15 Fl Oz (443 mL)

SUPPLEMENT FACTS

SERVING SIZE: 2 Tbsp (30 mL) or 1 Tbsp (15 mL)
SERVINGS PER CONTAINER: 15 or 30

AMOUNT PER SERVING	2 TBSPS	%DAILY VALUE
Calories	24	
Total Carbohydrates	14g	5% *
Dietary Fiber	12g	43% **
Soluble Fiber	12g	**

*Daily Value on 2,000 calorie diet. **Daily Value not established.

other ingredients Filtered water, SoluPure™ (polydextrose (soluble fiber) and fructo-oligosaccharides (FOS - prebiotic), vegetable glycerin, phosphoric acid, potassium benzoate, and potassium sorbate (for freshness)

**no artificial flavors, or colors
no gluten, dairy, egg, soy, nuts, or sugar**

caution Keep out of the reach of children. Do not use as a sole source of dietary fiber. As with all supplements, consult with your healthcare provider before using with infants, children, or if you are pregnant, or nursing.

important No refrigeration necessary. Use within 60 days after opening. Store in a cool, dry place. Do not use if seal is broken.

 **MADE IN USA**

distributed by
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*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.

