

If you experience chest pain, vomiting, or difficulty swallowing or breathing after taking this product, seek immediate medical attention. If you are pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.

For more information, please visit integrativepro.com.

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

Contains no salt, soy, dairy products, ingredients of animal origin, or artificial colors, flavors, or preservatives.

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◆ LZ78452.A03 BLK943A



THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



FIBER FORMULA

120 VEG CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 5 Capsules

Servings per Container 24

Amount per Serving	% DV	
Calories	5	
Total Carbohydrate	3g	1%†
Dietary Fiber	3g	11%†
Soluble Fiber	1g	**
Insoluble Fiber	2g	**
Proprietary Fiber Blend: Psyllium (<i>Plantago ovata</i>) seed husk, Oat (<i>Avena sativa</i>) bran, Guar gum (<i>Cyamopsis tetragonoloba</i>) seed, Pectin (from citrus fruit)	3.1g	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: hydroxypropyl methylcellulose (vegetable capsule), cellulose, magnesium stearate, silicon dioxide

Recommendation: Take 5 capsules daily with at least 8 oz of liquid. If desired, may be taken as 2 capsules in the morning, and 3 capsules at night, with at least 8 oz of liquid, or as recommended by your healthcare professional.

Warning: Do not take this product if you have difficulty swallowing. Take this product with at least a full glass of liquid (8 oz). Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. ►