

MetaFiber® is a blend of soluble and insoluble fiber, providing 6 grams of dietary fiber per serving. This low-allergy-potential supplement is designed to support healthy intestinal transit time and bowel regularity, and offers excellent support for those with occasional constipation.* MetaFiber is a great source of fiber, especially for those who are sensitive to psyllium, wheat, corn, or citrus.

*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.

DIRECTIONS: Blend, shake, or briskly stir about 1 level scoop (10 grams) of MetaFiber into 8 fluid ounces of juice or other beverage.

STORAGE: Keep tightly closed in a cool, dry place.

Formulated to Exclude: Wheat, corn, soy protein, animal or dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.

TAMPER EVIDENT

Do not use if safety seal is missing or broken. Contents sold by weight, not volume. Some settling may occur during shipping and handling. Serving size is measured by weight with a scoop included for your convenience. The amount of product contained in one scoop may be above or below 10 grams due to variations in handling and product density.

Metagenics
Genetic Potential Through Nutrition



MetaFiber®

Dietary Supplement • Powder

NET WT. 13.4 oz (380 g)

Supplement Facts

Serving Size About 1 Scoop (10 g)
Servings Per Container 38 (by weight)

	Amount Per Serving	% Daily Value
Calories	15	
Calories from Fat	9	
Total Fat	1 g	2%*
Saturated Fat	0 g	0%*
Cholesterol	0 mg	0%
Sodium	5 mg	0%
Total Carbohydrate	7 g	2%*
Dietary Fiber	6 g	24%*
Soluble fiber	1 g	
Insoluble fiber	5 g	
Protein	1 g	2%*

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

Ingredients: Rice bran, beet fiber, oat fiber, apple fiber, cellulose, olive oil, and d-alpha tocopheryl acetate (antioxidant).

Developed and Manufactured by: METAGENICS, INC.
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