



gsk

Benefiber

PREBIOTIC
FIBER SUPPLEMENT

on the GO



Benefiber



Kiwi
Strawberry



24 STICK
PACKS

Benefiber

PREBIOTIC
FIBER SUPPLEMENT

Supplement Facts

Serving Size: 1 Stick Pack (6.2 g)
Servings Per Carton: 24

Amount Per Serving	%DV*
Calories 20	
Total Carbohydrates 5 g	2%
Dietary Fiber 3 g	12%
Soluble Fiber 3 g	†
Sugars 0 g	†

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
†Daily Value not established.

Ingredients: wheat dextrin, citric acid, maltodextrin, aspartame**, natural flavors, potassium citrate, acesulfame potassium, tricalcium phosphate, calcium silicate, gum arabic, magnesium oxide, titanium dioxide, red 40

****PHENYLKETONURICS: CONTAINS PHENYLALANINE**

Tamper Evident Feature: Do not use if sealed packet inside carton is ripped or torn.

Keep out of reach of children.
If you are pregnant or nursing a baby, ask a health professional before use.

Store at controlled room temperature 20-25°C (68-77°F).
Protect from heat and moisture.

on the GO



Kiwi Strawberry

DIRECTIONS

Empty contents of one packet into a 16 fl oz water bottle or 16 oz or larger glass of water.

Stir or shake well until dissolved (up to 60 seconds).

*Not recommended for carbonated beverages.

AGE	SERVINGS	
12 yrs. and above	1 stick pack	3 times daily
6 to 11 yrs.	1/2 stick pack	3 times daily
Under 6 yrs.	Ask your doctor before use	



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PLANT
BASED
FIBER



Benefiber is a plant based prebiotic fiber.

What is Prebiotic Fiber?

Prebiotic fiber strengthens and nourishes the good bacteria in your gut to support an environment for good digestive health. What's good for your gut is good for you.*

• Great Taste • Sugar-Free



Kiwi Strawberry

✓ Benefiber guarantees your satisfaction or your money back.

1-800-452-0051

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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.

