

Raw Organic Fiber features a soothing and nourishing blend of both soluble and insoluble fiber from organic sprouted seeds, grains and legumes, with no harsh fibers such as psyllium, which can be punishing to sensitive colons.

-  SUPPORTS HEALTHY GUT FLORA BALANCE, REGULAR BOWEL FUNCTION & OVERALL HEALTH[†]
-  HELPS RELIEVE OCCASIONAL CONSTIPATION[†]
-  SUPPORTS HEART HEALTH AND HELPS MAINTAIN HEALTHY BLOOD SUGAR & CHOLESTEROL LEVELS THAT ARE ALREADY IN THE NORMAL RANGE[†]

-  **CERTIFIED GLUTEN-FREE BY NSF**
-  **PALEO FRIENDLY CERTIFIED**
-  **VEGAN CERTIFIED**

[†]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.



RAW ORGANIC FIBER

15 ORGANIC SUPERFOODS

-  **USDA ORGANIC**
-  **NON GMO Project VERIFIED**
nongmoproject.org
-  **KETO CERTIFIED**

+ PROBIOTICS & OMEGA-3 ALA
SUPPORTS BOWEL REGULARITY & ELIMINATION OF TOXINS[†]
VEGAN • GLUTEN FREE • DAIRY FREE • PSYLLIUM FREE
30 SERVINGS
NET WT 28.32 oz (1 lb 12.32 oz / 803 g) **DIETARY SUPPLEMENT**

Suggested Use: Adults mix 1 scoop (scoop included) with 10 to 12 ounces of water one (or more) times per day. Children four and older may take ½ scoop. Children should be supervised while consuming this product. Delicious when mixed in smoothies, vegetable or fruit juice, cereal or yogurt.

Supplement Facts

Serving Size 1 Scoop (About 27g)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	120	
Total Fat	4 g	5% ¹
Total Carbohydrate	16 g	6% ¹
Dietary Fiber	9 g	32% ¹
Soluble Fiber	4 g	
Insoluble Fiber	5 g	
Total Sugars	1 g	+
Includes 0g Added Sugars		0%
Protein	7 g	4% ¹
Omega-3 Fatty Acids (Alpha Linolenic Acid)	1 g	+
Raw Organic Sprout and Fiber Blend	26.7 g	+
Organic Flax Seed (Meal and Sprout), Organic Amaranth Sprout, Organic Quinoa Sprout, Organic Chia (Seed and Sprout), Organic Millet Sprout, Organic Buckwheat Sprout, Organic Garbanzo Bean Sprout, Organic Lentil Sprout, Organic Adzuki Bean Sprout, Organic Sunflower Seed Sprout, Organic Pumpkin Seed Sprout, Organic Sesame Seed Sprout, Organic Coconut Flour		

Bacillus coagulans 900,000,000 CFU² 60 mg +

¹Percent Daily Values based on a 2,000 calorie diet.
²Daily Value not established.

Other Ingredients: Organic stevia extract (leaf).
Contains: Tree nuts (coconut).
² At time of manufacture.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, giving product to children, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Keep out of reach of children. Store in a cool, dry place. Do not use if safety seal is broken or missing.

Made without dairy or soy ingredients, added sugars, filler ingredients, nor artificial colors, flavors, sweeteners or preservatives.

Manufactured in a facility that also processes egg, milk and soy. May contain traces of soy due to agricultural practices.

MINIMUM FILL LINE

The density of the powdered ingredients in this product naturally vary from lot to lot and require space in the container at the time of packaging. Over time the powders settle, causing the container to appear less full than when it was first packaged. This product is sold by weight and not by volume.

-  **Certified B Corporation**
Certified by the nonprofit B Lab to meet rigorous standards of social and environmental performance, accountability and transparency.
-  **We Buy 100% Certified Renewable Energy**
-  **Recyclable Bottle**

Distributed by Garden of Life LLC
4200 Northcorp Parkway
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 **Certified Organic by QCS**
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www.gardenoflife.com
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