

SUGGESTED USE The natural, fiber-rich contents of this product are gentle, but highly effective. Mix one scoop daily with 4 to 8 oz. of water and drink promptly. For best results, start gradually (less than a full scoop) or as directed by your physician. As with any dietary supplement, this natural product is most effective as part of a healthy, fiber-rich diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.332.7799.**

NOTICE This product should be taken with at least a full glass of liquid. Consuming this product without adequate fluid may cause choking. Do not use this product if you have difficulty swallowing. If you feel abdominal pain or unexpected gastrointestinal discomfort when using this product, discontinue use and consult a physician. Initially, when using this product, evacuations may not occur until the second day, hence you may experience a temporary feeling of fullness. As with any grain product, inhaled or ingested Psyllium Husk may cause allergic reactions in some individuals. If you are taking prescription medicine by mouth, take this product 2 hours before or 2 hours after the prescribed medicine.

This package is sold by weight not by volume. It contains the full weight indicated on the label. Settling of contents can occur during shipment.



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FIBER BENEFITS™

LEMON-LIME FLAVOR • PSYLLIUM HUSK • OAT FIBER
FRUIT PECTINS • LACTOBACILLUS FRIENDLY FLORA



DIETARY SUPPLEMENT
 

25.4 oz (1.6 lb) (720 g) • 120 Servings

Andrew Lessman's FIBER BENEFITS is a comprehensive, all-natural fiber-based supplement designed to promote regularity and to provide gentle, cleansing support when needed. It is designed to support and maintain the health of several different internal systems. **Fiber Benefits** is a unique blend of 5 different sources of fiber, providing both soluble and insoluble (bulk) fiber. In addition to offering the benefits of fiber from Psyllium Husk, Oat, Apple, Grapefruit and Guar, it also contains *Lactobacillus sporogenes*, to support a healthy gastrointestinal tract.

Dietary fiber provides a myriad of healthful benefits and is often overlooked as an important component in the American diet. The insoluble (bulk) fiber in this product also helps to “scour” the digestive tract, removing undigested food, debris and other by-products. Fiber also speeds gastrointestinal (GI) transit time (the time it takes for food to pass through you) and, as a result, can help remove digestive by-products sooner. Fiber can also provide a natural feeling of fullness to support most diet plans, while the Apple and Grapefruit pectins, when taken in combination with a healthy diet, also help to maintain healthy blood sugar and cholesterol levels already within the normal range. We include *L. sporogenes* to support the beneficial proliferation of the healthy bacteria in your intestines. The natural flora (good bacteria) in the GI tract also provides additional health benefits, which include supporting the absorption of vital nutrients. **Fiber Benefits** not only provides the fiber that is so often lacking in our modern diet, but also delivers our beneficial flora to support the health of the gastrointestinal tract and several other internal organs and systems.

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.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, starch, fat, cholesterol, oil, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, common allergens, color or preservative.

Supplement Facts

Serving Size 1 Scoop (6 g) (1 ½ tsp.)
Servings Per Container 120

Amount Per Serving		%DV*
Calories	10	
Total Carbohydrate	5 g	2%
Dietary Fiber	2 g (2,000 mg)	7%
Soluble Fiber	1.4 g (1,400 mg)	†
Insoluble Fiber	0.6 g (600 mg)	†
Total Sugars	3g	†
Includes 3 g Added Sugars		6%
Psyllium, powder (husk)	1.5 g	†
Oat Fiber	300 mg	†
Apple Fiber and Pectin	300 mg	†
Grapefruit Pectin	300 mg	†
Guar Gum	300 mg	†
Lactobacillus sporogenes	50 Million CFU	†

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

Other Ingredients: Fructose, Natural Lemon-Lime Flavoring and Citric Acid.