

Suggested Use: Chew 3 tablets daily, with a meal, as a dietary supplement, or as directed by a physician.

Warning: If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician.

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.)

Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

Distributed by: Indiana Botanic Gardens, Inc.

3401 W. 37th Ave. Hobart, IN 46342



Dietary Supplement

60 Tablets

*Total Health
Support**

**Fiber
Essentials**

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 10

Amount Per Serving	% Daily Value**	
Calories	24	1%
Total Carbohydrates	9 g	3%
Dietary Fiber	4 g	16%
Sugars	0.5 g	†
Sugar Alcohols	4 g	†
Other Carbohydrates	0.5 g	†
Calcium (naturally present)	20 mg	2%
Proprietary Natural Fiber Blend	4.5 grams	†
Poplar Husk Powder (bulk), Apple Pectin, Coptis Root Pectin, and Oat Bran (bulk)		

† Daily Value not established.

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

Other Ingredients: Sorbitol, Xylitol, Maltodextrin (from corn), Vegetable stearic acid, Microcrystalline cellulose, Grape juice powder, Dextrose, Blueberry fruit powder, Vegetable magnesium stearate, Sodium citrate, Raspberry fruit powder, Acai berry powder, Beet juice powder (natural color), Silicon dioxide, *Stevia rebaudiana* leaf extract, Natural flavors (mixed berry and strawberry), Triacetin, Modified cornstarch, Propylene glycol, and Vegetable glycerin.

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.