



- Natural Fiber Supplement
- Completely Dissolves in Water
- Non-Thickening and Grit-Free
- 190 Servings

†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.

SUGGESTED USE: Stir two (2) teaspoons of OPTIFIBER™ into at least 4 oz of any non-carbonated beverage or soft food. Stir until dissolved.

Adults and children 12 and over: 3 to 5 servings per day.

Children 6 -11 years of age: 3 servings per day.

Children under 6 years of age: Consult your doctor before use.

Supplement Facts

Serving Size 2 tsp (4g)

Servings Per Container 190

Each Serving Contains	% Daily Value
Calories 15	
Sodium 0 mg	0%
Total Carbohydrate 4 g	1%*
Dietary Fiber 3 g	11%*
Soluble Fiber 3 g	**
Total Sugars 0 g	**

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

**Daily Value not established.

INGREDIENT: Wheat Dextrin.

Contains wheat ingredients

Gluten-free: Contains less than 20 ppm gluten

SUGGESTED USE: Stir two (2) teaspoons of Optifiber into at least 4 oz of any non-carbonated beverage or soft food. Stir until dissolved. Adults and children 12 and over: Not to exceed 5 servings per day. Children 7-11 year of age: Not to exceed 3 servings per day. Children under 6 years of age: Consult your doctor before use.

No Preservatives Added

No Lactose

No Artificial Color

No Artificial Flavor

Non-GMO

Gluten-Free

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of the reach of children. Store at room temperature, tightly closed. Avoid excessive heat. **IMPORTANT: TAMPER-EVIDENT SEAL UNDER CAP. DO NOT USE IF PRINTED SEAL IS BROKEN OR MISSING.**

Since 1995, the Kirkland Signature brand has been providing high quality supplements at a great member value. Kirkland Signature vitamins, minerals, and supplements are made from carefully selected ingredients from trusted suppliers. The supplements are manufactured in accordance with the Good Manufacturing Practice standards. Additionally, many of the items are verified by the United States Pharmacopeia (USP) which is an independent, scientific, non-profit organization that sets strict quality and purity standards for dietary supplements.