

Benefiber

**PREBIOTIC
FIBER SUPPLEMENT**

Benefiber is 100% natural 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.*

Benefiber dissolves completely in your beverages and foods - water, coffee, yogurt, whatever you desire†.

- Clear & Taste-Free
- Sugar-Free
- Gluten-Free

Try our
convenient
on the GO
STICK
PACKS

DIRECTIONS

Adults: Stir 2 teaspoons of Benefiber into 4-8 oz. of any beverage† or soft food (hot or cold).

Stir well until dissolved (up to 60 seconds).

For optimal results, use 3 times per day.
†Not recommended for carbonated beverages.

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

*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.

100%
NATURAL

Benefiber

**PREBIOTIC
FIBER SUPPLEMENT**

NOURISHES
GOOD
BACTERIA*

Clear &
Taste-Free

125
POWDER
SERVINGS

NET WT. 500g (17.6 oz)

Supplement Facts

Serving Size: 6-11 Yrs. 12 Yrs. and above
Serving Size: 1 tsp (2 g) 2 tsp (4 g)
Servings Per Container: 250 125

Amount Per Serving	%DV*	%DV*
Calories	10	15
Total Carbohydrate	2 g <1%*	4 g 1%*
Dietary Fiber	2 g 7%*	3 g 11%*
Soluble Fiber	2 g †	3 g †
Total Sugars	0 g †	0 g †

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

Ingredient: wheat dextrin

The Academy of Nutrition and Dietetics recommends a healthy diet including 20-35 grams of fiber a day.

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

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

Tamper Evidence Feature: Do not use if printed inner safety seal under cap is broken or missing.

Packaged by weight, not volume. Contents may settle during shipping and handling.

1-800-452-0051
Benefiber guarantees your satisfaction or your money back.
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