

gsk

100%
NATURAL

Benefiber

PREBIOTIC
FIBER SUPPLEMENT

on the GO

NOURISHES
GOOD
BACTERIA*Clear &
Taste-Free28
STICK
PACKS

28 - 4g (0.14 OZ) STICK PACKS NET WT. 112g (3.92 OZ)

Benefiber on the GO

PREBIOTIC
FIBER SUPPLEMENT

Supplement Facts

	6-11 Yrs.	12 Yrs. and above
Serving Size:	½ stick (2 g)	1 stick (4 g)
Servings Per Container:	56	28

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 include 20-35 grams of fiber a day.

Tamper Evident Feature: Do not use if sealed packet inside carton is ripped or torn.

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.

DIRECTIONS

Adults: Stir 1 Benefiber stick pack 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	1 stick pack	3 times daily
6 to 11 yrs.	½ stick pack	3 times daily
Under 6 yrs.	Ask your doctor before use	

Benefiber

PREBIOTIC
FIBER SUPPLEMENT

on the GO

Maintaining good digestive health by getting the fiber you need just got easier.*

Benefiber Stick Packs are convenient, pre-measured, single serving sticks.

100%
NATURAL

Benefiber is 100% natural prebiotic fiber.

NOURISHES
GOOD
BACTERIA

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.*

GMO

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

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

✓ Benefiber guarantees your satisfaction or your money back.

*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.

1-800-452-0051

Distributed by: GSK Consumer Healthcare, Warren, NJ 07059
Trademarks owned or licensed by GSK. ©2019 GSK or licensor.
Made in France 13532

