

Benefiber

Healthy Shape

PREBIOTIC FIBER SUPPLEMENT

Benefiber Healthy Shape is a great, clinically proven way to help curb hunger and meet your weight management goals.*

When used regularly, Benefiber Healthy Shape helps you feel satisfied longer, taking the edge off your hunger.*

100%
NATURAL

NOURISHES
GOOD
BACTERIA

GMO

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.*

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

DIRECTIONS

3 1/4

Stir 3 1/4 teaspoons of Benefiber into 8 oz. of any beverage[†] or soft food (hot or cold).

⌘

Stir well until dissolved (up to 60 seconds).

For optimal results, use 2 times per day.
*Not recommended for carbonated beverages.

AGE	SERVINGS
12 yrs. and above	3 1/4 teaspoons 2 times daily
Under 12 yrs.	Ask your doctor before use

[†] A weight management program should include a healthy diet and regular physical activity.
*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.

NEW LOOK!
THE PRODUCT!

100%
NATURAL

Benefiber

Healthy Shape

PREBIOTIC
FIBER SUPPLEMENT



HELPS YOU
FEEL
FULLER
LONGER
CLINICALLY
PROVEN*

Clear &
Taste-Free

33
POWDER
SERVINGS

NET WT. 248g (8.7 OZ)

Supplement Facts

Serving Size: 3 1/4 tsp (7 g)
Servings Per Container: 33

Amount Per Serving	%DV*
Calories 30	
Total Carbohydrate 7 g	3%*
Dietary Fiber 5 g	16%*
Soluble Fiber 5 g	†
Total Sugars 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 Evident 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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