

RECOMMENDED ADULT USE: Taken regularly, NutriFi® helps prevent occasional bouts of constipation. Health professionals recommend consuming 25 to 30 grams of fiber daily to promote normal bowel function and regularity. Two daily servings of NutriFi provides eight grams of dietary fiber.*

DIRECTIONS FOR USE: Take one serving with your morning and evening meals. Add one rounded teaspoon to one cup (8 oz.) of liquid. Mix thoroughly until completely dissolved. NutriFi may also be added to hot or cold cereal, casserole, soup, or salad. As your body adjusts to increased fiber intake, you may experience minor changes in bowel habits or temporary bloating. While your body adjusts, reduce NutriFi intake to one serving daily for a few days and gradually increase to the recommended two servings daily.

WARNINGS: Keep out of reach of children. If constipation persists for more than seven days, consult a physician as it may be a sign of a more serious condition. Before adding NutriFi to your diet, consult a physician if you have a sudden change in bowel habits that persist for two weeks, or have abdominal pain, nausea, vomiting, or rectal bleeding. May cause allergic reaction in people sensitive to inhaled or ingested psyllium.

*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.

Do not use if safety seal is broken or missing.
Sold by weight, not by volume.

NutriFi



Digestive Aid*

- helps prevent occasional constipation*
- promotes proper bowel function and regularity*



PHARMANEX®

NET WT 14.8 OZ. (420g)

Nutrition Facts

Serving Size 1 Rounded Teaspoon (7g)
Makes 1 Cup (240mL) Prepared
Servings Per Container 60

	Amount Per Serving	% Daily Value*
Calories	25	
Total Fat	0 g	0%
Sodium	10 mg	0%
Total Carbohydrate	6 g	2%*
Dietary Fiber	4 g	16%*
Sugars	2 g	†
Protein	0 g	0%

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

†Daily Value not established.

Other Ingredients: Oat Fiber, Maltodextrin, Dextrose (Glucose), Cellulose, Citrus Pectin, Psyllium Fiber, Gum Arabic.

Manufactured in the U.S.A. exclusively for NSE Products, Inc. Provo, UT 84601

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