

Suggested Use: Take 3-4 capsules, up to 4 times per day. Drink 8 oz. of water each time.

Caution: Keep out of the reach of children.



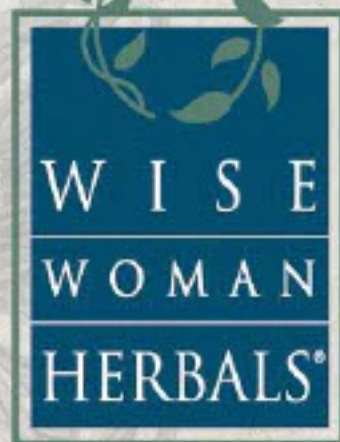
Warning: Cancer and reproductive harm.
www.P65Warnings.ca.gov

Produced and distributed by:
Wise Woman Herbals®
Creswell OR, 97426
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wisewomanherbals.com

Lot #: xxxxx
Best used by: xx/xx/xx



BOTANICAL FORMULA



FIBER FLOW CAPSULES

Dietary Supplement
120 Capsules

Supplement Facts

Serving Size: 4 Capsules
Serving Per Container: 30

	Amount Per Serving	% Daily Value
Proprietary blend:	2,504 mg	
oat bran		*
psyllium (husk)		*
psyllium (seed)		*
fenugreek (seed)		*
charcoal		*
slippery elm (bark)		*
yellow dock (root)		*
marshmallow (root)		*
Oregon grape (root)		*

*Daily value not established

Other Ingredients: 100% vegetarian capsules

Store in a cool, dry area away from direct sunlight with lid tightly sealed.