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Puritan's Pride Fiber Diet is a unique dietary supplement made with fiber from plants, including fruit and vegetable fiber. Unlock one of Nature's greatest creations and discover what fiber can do for you. Use this product with the enclosed diet plan plus a daily exercise program. Puritan's Pride Fiber Diet is free of caffeine, sugar, flavors and preservatives.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Coated for ease of swallowing

TO REORDER ITEM # 4122
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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FIBER DIET

**PLANT BASED
DIETARY FIBER
SUPPLEMENT
& DIET PLAN**

120 coated
tablets

**VEGETARIAN
FORMULA**

DIRECTIONS: For adults, take five (5) tablets with a large glass of water three times daily, before each meal. It is best to take Fiber Diet 30 to 60 minutes before eating. It is important to check with your health care practitioner before beginning any diet and daily exercise program.

Supplement Facts

Serving Size 5 Tablets

Servings Per Container 24

Amount Per Serving	%Daily Value	
Calories	10	
Total Carbohydrate	2 g	1%*
Dietary Fiber	2 g	7%*
Calcium	160 mg	12%
Phosphorus	122 mg	10%
Fiber Blend	2,200 mg (2.2 g)	**
(contains Fiber from Microcrystalline Cellulose, Citrus Pectin, Grapefruit Pectin and Beet Root Concentrate)		

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

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate. Contains <2% of: Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.