

SUGGESTED USE Follow the instructions of your health care professional and incorporate this product gradually into your diet. Mix one slightly heaping scoop with 8 to 10 oz. of water and drink promptly. Begin by consuming one scoop daily and gradually increase to three servings daily. For best results, drink plenty of fluids and spread your daily fiber intake throughout the day, rather than consuming several scoops at one time. This product is most effective as part of a healthy diet and active lifestyle, along with **ANDREW LESSMAN'S Life Rx™** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

NOTICE This product should be taken with at least a full glass of liquid. Consuming this product without adequate fluid may cause choking. Do not use this product if you have difficulty swallowing. If you feel abdominal pain or unexpected gastrointestinal discomfort when using this product, discontinue use and consult a physician. Initially, when using this product, evacuations may not occur until the second day, hence you may experience a temporary feeling of fullness. As with any grain product, inhaled or ingested Psyllium Husk may cause allergic reactions in some individuals. If you are taking prescription medicine by mouth, take this product 2 hours before or 2 hours after the prescribed medicine.

This product is sold by weight not by volume. It contains the full weight indicated on the label. Settling of contents can occur during shipment.

QUESTIONS? RE-ORDERS?
CALL 800.800.1200
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Andrew Lessman
Founder of ProCaps Labs



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Henderson, NV 89011

DAILY FIBER BENEFITS®

LEMON-LIME FLAVOR • PSYLLIUM HUSK • OAT FIBER
FRUIT PECTINS • F.O.S. • INULIN • CRANBERRY • MILK THISTLE



35 oz (2.2 lb) (990 g) • 60 Servings

Andrew Lessman's DAILY FIBER BENEFITS is a comprehensive, all-natural fiber and herb-based internal cleanser formulated for daily use. It is designed to support and maintain the health of several different internal systems. **Daily Fiber Benefits** is a unique blend of 5 different sources of fiber providing both soluble and insoluble (bulk) fiber. In addition to offering the benefits of fiber from Psyllium Husk, Oat, Apple, Grapefruit and Guar, it also contains Fructooligosaccharides (F.O.S.), Inulin, Lactobacillus sporogenes, Vitamin C and the herbs Cranberry and Milk Thistle, to provide additional benefits.

Dietary fiber provides a myriad of healthful benefits and is often overlooked as an important component in the American diet. In fact, *diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from Psyllium Husk (the amount in 3 servings of **Andrew Lessman's Daily Fiber Benefits**) may reduce the risk of heart disease.*

The insoluble (bulk) fiber in this product also helps to “scour” the digestive tract, removing undigested food, debris and other by-products. Fiber also speeds gastrointestinal (GI) transit time (the time it takes for food to pass through you) and as a result can help remove digestive by-products sooner. Fiber can also provide a natural feeling of fullness to support most diet plans, while the Apple and Grapefruit pectins, when taken in combination with a healthy diet, also help to maintain healthy blood sugar and cholesterol levels already within the normal range. We include L. sporogenes to support the beneficial proliferation of the healthy bacteria in your intestines. We also add Fructooligosaccharides (F.O.S.) and Inulin (which contains F.O.S.) because they are a preferred food of this healthy “good” bacteria, thus allowing them to multiply. The natural flora (good bacteria) in the GI tract also provides additional health benefits, which include supporting the absorption of certain vital minerals such as Calcium and Magnesium. We also include Cranberry for its anti-oxidant properties and because it helps naturally support the health of the bladder and the urinary tract. We add Milk Thistle because research has shown that Silymarin from the Milk Thistle plant is a potent anti-oxidant that can neutralize free radicals and has beneficial effects on the liver.

Daily Fiber Benefits not only provides the fiber that is so often too low in our modern diet, but also delivers a wide range of other components to support the health of the gastrointestinal tract and several other internal organs and systems.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, starch, fat, cholesterol, oil, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, common allergen, color or preservative.

CONTAINS NO COMMON ALLERGENS OF ANY KIND.

Supplement Facts

Serving Size **1 Scoop (16.5g)**
Servings Per Container **60**

Amount Per Serving		%DV*
Calories	35	
Total Carbohydrate	9 g	3%
Dietary Fiber	4.6 g	18%
Soluble Fiber	2.8g	†
Insoluble Fiber	1.8g	†
Sugars	7.5g	†
Vitamin C (as calcium ascorbate)	60 mg	100%
Psyllium Husk Powder	3.5 g	†
Oat Fiber	800 mg	†
Apple Fiber and Pectin	800 mg	†
Grapefruit Pectin	800 mg	†
Guar Gum	800 mg	†
Inulin (FOS), from chicory root (Provides 2 carbohydrate calories)	1 g	†
Fructooligosaccharides (FOS) (Provides 1 carbohydrate calorie)	500 mg	†
Cranberry, powder (berry) 10:1 concentrate	100 mg	†
Milk Thistle, extract (seed) standardized to 80% silymarin	25 mg	†
Lactobacillus sporogenes	100 Million org.	†
standardized to 15 billion organisms per gram		

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Fructose, Natural Lemon-Lime Flavoring and Citric Acid.