

9 grams of napried fiber that will supplement what you take in the such food 1 Directions for use: In the morning, 30 minutes before or two hours after your Fiber Powder with 8 fl oz of cold water. Stir or shake briskly and drink

WARNING: Do not use this product if you are experiencing abdominal pain, nausea or vomition. Do not use if you are allernic to any of the listed ingredients. If you are currently using prescription drups, have an oppoing medical condition consult your healthcare provider before taking any type of fiber product. Consult a healthcare provider if you have experienced a sudden change in Bartal bleeding or failure to have a bowel movement after use of a fiber product may indicate a serious condition. If you experience these effects, discontinue

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.

Supplement Facts Serving Size: 1 Scoop (11.4 g) Serving Size: 1 Scoop (11.4

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrate	10 g	4%*
Dietary Fiber	9 g	32%*
L-Glutamine	1 g	
Inulin (fructo-oligosaccharide extract of chicory ro (90% fiber)	ot) 5 g	
Soluble Corn Fiber (90% Fiber) 1	5 q	**
Probiotic Blend: Lactobacillus acidephilus Lactobacillus plantarum Lactobacillus casei	1.5 billion CFU (150 mg) ⁽⁰	
Differential and Affilian		

* Percent Daily Values are based on a 2,000-calorie diet. ** fluiby Value not established. Other ingredients: Maltodextrin, silicon dioxide, rebaudioxide A (stevia leaf).

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* Sc Fiberoli 2*. Fiberol is a moistness trademark of Matoutani Chemical Industry for Ltd. 310E80431A1 * CFU = Colone-formine linits.

