

gsk

PLANT
BASED
FIBER

Benefiber

PREBIOTIC
FIBER
SUPPLEMENT

on the GO

Clear &
Taste-FreeNOURISHES
GOOD
BACTERIA*28
STICK
PACKS

28 - 4 g (0.14 OZ) STICK PACKS NET WT. 112 g (3.92 OZ)

Benefiber on the GO
PREBIOTIC
FIBER SUPPLEMENT

Supplement Facts

	6-11 Yrs.	12 Yrs. and above
Serving Size:	½ stick (2 g)	1 stick (4 g)
Servings Per Container:	56	28

Amount Per Serving	%DV*	%DV*
Calories	10	15
Total Carbohydrate	2 g <1%*	4 g 1%*
Dietary Fiber	2 g 7%*	3 g 11%*
Soluble Fiber	2 g †	3 g †
Total Sugars	0 g †	0 g †

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

†Daily Value not established.

Ingredient: wheat dextrin

Tamper Evident Feature: Do not use if sealed packet inside carton is ripped or torn.

Keep out of reach of children.

If you are pregnant or nursing a baby, ask a healthcare professional before use.

Not a substitute for a balanced diet.

Store at controlled room temperature 20-25°C (68-77°F). Protect from moisture.

DIRECTIONS

For optimal results, use 3 times per day.



Adults: Stir 1 Benefiber stick pack into 4-8 oz. of any beverage† or soft food (hot or cold).



Stir well until dissolved (up to 60 seconds).

AGE	SERVINGS	
12 yrs. and above	1 stick pack	3 times daily
6 to 11 yrs.	½ stick pack	3 times daily
Under 6 yrs.	Ask your doctor before use	

*Not recommended for carbonated beverages.

Benefiber
PREBIOTIC
FIBER SUPPLEMENT

on the GO

Maintaining good digestive health by getting the fiber you need just got easier.*

Benefiber Stick Packs are convenient, pre-measured, single serving sticks.

PLANT
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Benefiber is a plant based prebiotic fiber.

NOURISHES
GOOD
BACTERIA*

What is Prebiotic Fiber?

Prebiotic fiber strengthens and **nourishes the good bacteria** in your gut to support an environment for good digestive health. What's good for your gut is good for you.*

GMO

Benefiber **dissolves completely** in your beverages and foods - water, coffee, yogurt, whatever you desire†.

Benefiber is NON-GMO.

• Clear & Taste-Free • Sugar-Free • Gluten-Free

✓ Benefiber guarantees your satisfaction or your money back.



1-800-452-0051

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*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.



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