

Benefiber

Healthy Shape
PREBIOTIC
FIBER SUPPLEMENT

When used regularly, Benefiber Healthy Shape helps you feel satisfied longer, taking the edge off your hunger.

PLANT
BASED
FIBER

Benefiber is a plant based prebiotic fiber.

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.*

Contains more fiber than an apple or a banana.²

Non-GMO

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

DIRECTIONS

3 1/4

Stir 3 1/4 teaspoons of Benefiber into 8 oz. of any beverage¹ or soft food (hot or cold).

Stir well until dissolved (up to 60 seconds).

For optimal results, use 2 times per day.

¹Not recommended for carbonated beverages.

AGE

SERVINGS

12 yrs. and above

3 1/4 teaspoons 2 times daily

Under 12 yrs.

Ask your doctor before use

¹Clinical studies show benefits with regular use.

²When used two times daily. Based on the USDA.gov nutrient database for a medium, raw apple and a large, raw banana.

*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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HELPS YOU
**FEEL
FULLER
LONGER¹**

67
POWDER
SERVINGS

Supplement Facts

Serving Size: 3 1/4 tsp (7 g)
Servings Per Container: 67

Amount Per Serving	%DV*
Calories 30	
Total Carbohydrate 7 g	3%
Dietary Fiber 5 g	18%**
Soluble Fiber 5 g	↑
Total Sugars 0 g	↑

*Percent Daily Values (DV) are based on a 1,000 calorie diet.
†Daily Value not established.

Ingredient: wheat dextrin

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.

Tamper Evident Feature: Do not use if printed inner safety seal under cap is broken or missing.

Packaged by weight, not volume. Contents may settle during shipping and handling.

1-800-452-0051

✓ Benefiber guarantees your satisfaction or your money back.

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