

ULTIMATE FIBER MATRIX

14g of FIBER

13g of PROTEIN

Tear Here



BarnDad's FiberDX™ is a 100% natural, time release, soluble and insoluble fiber matrix that naturally reduces hunger and supports healthy weight management, lean muscle and a healthy digestive system. Originally developed in Germany, where it was used to successfully treat diabetic and obese patients, BFDX™ reduces hunger and slows the digestion and absorption of sugars and carbohydrates. This helps reduce insulin spikes and allows glucose to be metabolized more effectively.

BarnDad's FiberDX™ also supports heart health. It's long been clinically proven that a diet high in fiber helps reduce cholesterol and triglycerides, which has a positive impact on the body's mechanisms for regulating healthy cholesterol production. Health experts recommend a healthy diet include a minimum of 25 grams of fiber per day and up to 50 grams of fiber per day.

****BarnDad's FiberDX™ GERMAN CHOCOLATE SHAKE** takes your daily fiber routine to the next level! We've **boosted** our original formula with over 25% more fiber and over 85% more protein per serving! Plus, with BFDX's GERMAN CHOCOLATE SHAKE, you'll get all the same incredible health benefits of our original proprietary fiber matrix mixed with the irresistible delight of a smooth and creamy chocolate shake. No bloating or negative side effects.*

BFDX's GERMAN CHOCOLATE SHAKE is a decadent and delicious fiber supplement that mixes easily with water or other beverages. Satisfy your chocolate cravings and your daily fiber needs with BFDX's GERMAN CHOCOLATE SHAKE.

DOCTORS RECOMMEND KEEPING BLOOD AND GLUCOSE LEVELS WITHIN A HEALTHY RANGE.*

Cholesterol 125-200 MG/DL

HDL Low: > OR = 40 MG/DL

Hemoglobin A1C Low: < 6.0%

Glucose 65-99 MG/DL

LDL Low: < 130 MG/DL



BFDX's GERMAN CHOCOLATE SHAKE can be used in baking to enhance the flavor and nutrition of everyday baked goods.

Brownies, pancakes, cake, cookies, etc...



German Chocolate Shake

14g of Soluble and Insoluble Fiber

Now over **25%** more fiber!**
56% of daily recommended value

13g of Protein

Now with **85%** more protein!**
Over 25% of your daily recommended value

RESEARCH HAS SHOWN HIGH FIBER AND HIGH PROTEIN DIETS CAN

- Enhance weight management and promote calorie control*
- Feel fuller longer*
- Promote healthy cholesterol, A1C and blood glucose levels*



NEW!



NET WT 1.98 LBS (900 gram)

Nutrition Facts

Serving Size: 2 Scoops (45g)
Serving Per Container: 20

Amount Per Serving			
Calories	140	Calories from Fat	20
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	5mg		1%
Sodium	260mg		11%
Potassium	85mg		2%
Total Carbohydrate	16g		5%
Dietary Fiber	14g		56%
Sugars	2g		
Protein	13g		26%

Vitamin A	2%	Vitamin C	0%
Calcium	4%	Iron	8%
Phosphorus	8%	Magnesium	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: BarnDads FiberDX™ (Soy Protein Isolate, Oat Fiber, Soy Fiber, Psyllium, Maltodextrin, Flax Seed, Beet Fiber, Cellulose, Oat Bran Fiber, Lecithin), Maltodextrin, Cocoa (processed with Alkali), Whey Protein Concentrate, Natural & Artificial Flavors, Sodium Caseinate, Soy Protein Isolate, Salt, Xanthan Gum, Acesulfame Potassium, and Sucralose.

CONTAINS: SOY, MILK, WHEY and CASEIN
Store in a cool, dry place

Directions: Add 2 scoops (45g) of BarnDad's FiberDX™ German Chocolate Shake to 8-12 ounces of liquid (water, milk, protein shake or favorite non-carbonated beverage) 15 minutes prior to 1 or 2 meals daily.

SHAKE



OR



BAKE

One serving of BFDX™ GERMAN CHOCOLATE SHAKE delivers 56% of your daily fiber requirement, designed to help suppress hunger and promote healthy A1C control.*

For more information: 855-826-2429
www.barndadnutrition.com

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Questions? Call Toll Free: 855.826.2429



*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. For more information on all the BFDX™ benefits, and practices visit: www.BarnDadNutrition.com

Visit our website for recipe information: barndadsfiberdx.com/recipes

No Bloating or Negative Side Effects*

Mixes Instantly In Water