

BALANCE OF NATURE[®]

DIETARY SUPPLEMENT

WHOLE FOOD
Fiber & Spice



NET WT 14 OZ (400 g)

Supplement Facts

Serving size: 2 scoops (13 g)

Servings per container: About 30

Amount per serving	% DV*
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Calories 50	
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Total Fat 1g	1%*
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Polyunsaturated Fat 1g	
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Total Carbohydrate 9g	3%*
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Dietary Fiber 8g	29%
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Calcium 40mg	3%
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Iron .9mg	5%
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Whole Fiber Blend 10g	†
Psyllium (husk), Flax (seed), Whole Apple (fruit), Luo Han Guo (fruit)	

Whole Spice Blend 3g	†
Cinnamon (bark), Ginger (root), Turmeric (root), Fennel (seed), Cardamom (seed), Cumin (seed), Fenugreek (seed), Coriander (seed), Clove (flower bud), Allspice (seed), Mustard (seed), Nutmeg (seed)	

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

†Daily Value (DV) not established.

DISTRIBUTED BY BALANCE OF NATURE
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