

**no mixing, no mess
just clear liquid fiber**

Ready Fiber is a medical-grade, liquid fiber supplement. Doctors recommend it to support predictable regularity and a healthy heart.* Every serving is packed with 12 grams of soluble fiber (300% more than the leading powders). It includes a nourishing prebiotic FOS to help your gut's natural microbiome flourish.* Ready Fiber is taste-free and can be added to any hot or cold food or beverage.

how to use

Take one to two Tablespoons (½ to 1 Fl Oz) daily at any time. Do not use the cap to measure your dose. Take straight, or add to any food or beverage. Always consume plenty of water when taking any fiber product.



**soluble fiber + prebiotics
support healthy***



Predictable
Regularity



Reduced
Laxative Use



Blood Sugar
& Cholesterol



Intestinal
Microbiome

forget pills and powders



Non-Thickening
Liquid Fiber



Grams Fiber
in 1 Fl Oz



Non-GMO,
Plant-Based



NO Mixing
NO Mess

HEALT **HD** IRECT®

**ready
fiber®**

**300% more fiber
ready-to-drink
prebiotic support**

UNFLAVORED

Dietary Supplement 15 Fl Oz (443 mL)

SUPPLEMENT FACTS

SERVING SIZE: 2 Tbsps (30 mL) or 1 Tbsp (15 mL)
SERVINGS PER CONTAINER: 15 or 30

AMOUNT PER SERVING	2 TBSPS	%DAILY VALUE
Calories	24	
Total Carbohydrates	14g	5% *
Dietary Fiber	12g	43% **
Soluble Fiber	12g	**

*Daily Value on 2,000 calorie diet. **Daily Value not established.

other ingredients Filtered water, SoluPure™ [polydextrose (soluble fiber) and fructo-oligosaccharides (FOS - prebiotic)], vegetable glycerin, phosphoric acid, potassium benzoate, and potassium sorbate (for freshness)

**no artificial flavors, or colors
no gluten, dairy, egg, soy, nuts, or sugar**

caution Keep out of the reach of children. Do not use as a sole source of dietary fiber. As with all supplements, consult with your healthcare provider before using with infants, children, or if you are pregnant, or nursing.

important No refrigeration necessary. Use within 60 days after opening. Store in a cool, dry place. Do not use if seal is broken.

MANUFACTURED IN USA

distributed by
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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.