

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

NOTICE: Take this product with at least 8 ounces of water or other fluid. Taking this product without adequate fluid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Do not take before bedtime. Fiber products can affect the absorption of many medications. Do not take this product within 2 hours of taking medications.

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P60Warnings.ca.gov/food.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO REORDER ITEM # 13986
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Berkshams, NY 11779 U.S.A.
© 2002 Puritan's Pride, Inc.
813982 106 14-10730



www.puritan.com

 **Puritan's Pride**

HERBAL EASE™

FIBER FORCE

**Supports Digestive &
Colon Health***

100 RAPID RELEASE
CAPSULES

**Dietary Fiber
Supplement**

DIRECTIONS: For adults, take five (5) capsules daily with at least 8 ounces of water or other fluid.

Supplement Facts

Serving Size 5 Capsules

Servings Per Container 20

Amount Per Serving	%Daily Value	
Calories	15	
Total Carbohydrate	3 g	1%**
Dietary Fiber	3 g	11%**
Soluble Fiber	2 g	***
Protein	<1 g	1%**

Fiber Blend 3,418 mg (3.4 g) ***
Psyllium Seed Husk (seed), Apple Pectin (fruit),
Lactobacillus acidophilus SD-5212, Broccoli (flower),
Carrot (root), Cauliflower (whole plant), Kidney Bean,
Oat Bran (seed), Peach Fiber (fruit), Prune Powder (fruit)

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

***Daily Value not established.

Other Ingredients: Gelatin. Contains <2% of: Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.