

Dr. ♥ Stephanie's

HOW IT WORKS:



PSYLLIUM HUSK

Promotes smooth digestion & toxin removal.[†]



INULIN

Prebiotic fiber that reduces hunger & bloating.[†]



PROBIOTICS

Supports glucose metabolism & microbiome health.[†]



WHITE MULBERRY

Post-meal energy and blood sugar support.[†]



**ZERO SUGAR
& ARTIFICIAL ADDITIVES!**

Dr. ♥ Stephanie's Tips:

✓ Mixes best when shaken or stirred briskly.

✓ Use the SCOOPIE® to easily put powder into any water bottle for mixing!

✓ Drink before your first or biggest meal of the day.

SUGGESTED USE:

Mix 1-2 scoops with 6 oz of cool water and drink once daily before a meal. Add additional water to taste. **SHAKE WELL.**

NEW USERS: Start with 1 scoop per day and gradually increase as your body adjusts to fiber.

25 SCOOPS PER JAR

Contents may settle. We use only pure ingredients & no artificial fillers.

APPROX. FILL LINE

Dr. ♥ Stephanie's

PROBIOTIC+ FIBER

MEAL DEFENSE™

Delicious & Gentle

- ✓ **FEEL LESS HUNGRY[†]**
- ✓ **SMOOTHS DIGESTION[†]**
- ✓ **SUPPORTS GUT HEALTH[†]**
- ✓ **CANCELS CARBS[†]**

**25
SCOOPS**

**BERRY
BREEZE**

DRINK MIX
A DIETARY SUPPLEMENT
3.96 oz. (112.5g)
powder formula



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Supplement Facts

Serving Size: 1 Scoop (4.5g) 2 Scoops (9g)[†]
Servings Per Container: About 25 About 12.5

Amount Per Serving	% Daily Value*	
Calories	20	40
Total Carbohydrates	3g 1%	6g 2%
Dietary Fiber	3g 10%	6g 20%
Mulberry Leaf Extract (Morus Alba)	500mg **	1000mg **
Lactobacillus reuteri	750 million CFU **	1.5 billion CFU **

* Percent daily values are based on a 2,000 calorie diet. ** Daily value not established.

Other Ingredients: Inulin (from Jerusalem Artichoke), Psyllium Husk, Citric Acid, Natural Flavoring, Stevia, Grape Skin Extract (For Color)

WARNING: For adult use only. Not to be used during pregnancy or lactation. Consult with your doctor before use if you have any medical conditions or take medications. Use only as directed. Keep out of reach of children. Do not use if bottle seal is broken.

NOTICE: This food should be eaten with at least a full glass of liquid. Eating this product without enough liquid may cause choking. Do not eat this product if you have difficulty in swallowing

Store at 72°F or cooler.
Do not expose to excessive heat or moisture.

[†] 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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