SUGGESTED USE The natural, fiber-rich contents of this product are gentle, but highly effective. Mix one scoop daily with 4 to 8 oz. of water and drink promptly. For best results, start gradually (less than a full scoop) or as directed by your physician. **For questions** about the use of this product call 800.800.1200.

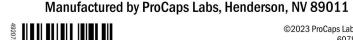
NOTICE This product should be taken with at least a full glass of liquid. Consuming this product without adequate fluid may cause choking. Do not use this product if you have difficulty swallowing. If you feel abdominal pain or unexpected gastrointestinal discomfort when using this product, discontinue use and consult a physician. Initially, when using this product, evacuations may not occur until the second day, hence you may experience a temporary feeling of fullness. As with any grain product, inhaled or ingested Psyllium Husk may cause allergic reactions in some individuals. If you are taking prescription medicine by mouth, take this product 2 hours before or 2 hours after the prescribed medicine.

This package is sold by weight not by volume. It contains the full weight indicated on the label. Settling of contents can occur during shipment

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or prevent any disease.

FIBER BENEFITS

Lemon-Lime Flavor · Psyllium Husk · Oat Fiber Fruit Pectins · Lactobacillus Friendly Flora



Dietary Supplement | **120** Servings | 25.4 oz (1.6 lb) (720 g)

FIBER BENEFITS is a comprehensive, all-natural fiber-based supplement designed to promote regularity and to provide gentle, cleansing support when needed. It is designed to support and maintain the health of several different internal systems. Fiber Benefits is a unique blend of 5 different sources of fiber, providing both soluble and insoluble (bulk) fiber. In addition to offering the benefits of fiber from psyllium husk, oat, apple, grapefruit and guar, it also contains *Lactobacillus sporogenes*, to support a healthy gastrointestinal tract.

Dietary fiber provides a myriad of healthful benefits and is often overlooked as an important component in the American diet. The insoluble (bulk) fiber in this product also helps to "scour" the digestive tract, removing undigested food, debris and other by-products. Fiber also speeds gastrointestinal (GI) transit time (the time it takes for food to pass through you) and, as a result, can help remove digestive by-products sooner. Fiber can also provide a natural feeling of fullness to support most diet plans, while the apple and grapefruit pectins, when taken in combination with a healthy diet, also help to maintain healthy blood sugar and cholesterol levels already within the normal range. We include L. sporogenes to support the beneficial proliferation of the healthy bacteria in your intestines. The natural flora (good bacteria) in the GI tract also provides additional health benefits, which include supporting the absorption of vital nutrients. Fiber Benefits not only provides the fiber that is so often lacking in our modern diet, but also delivers our beneficial flora to support the health of the gastrointestinal tract and several other internal organs and systems.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure,

Serving Size 1 Scoop (6 g) (1 ½ tsp.) **Servings Per Container 120**

Amount Per Serving		%	DV*
Calories		10	
Total Carbohydrate		5 g	2%
Dietary Fiber	2g(2,0	000 mg)	7%
Soluble Fiber	1.4g(1,400 mg)	†
Insoluble Fiber	0.6g(600 mg)	†
Total Sugars	3 g		†
Includes 3 g Added Sugars		6%	
Psyllium, powder (husk)		1.5 g	†
Oat Fiber		300 mg	†
Apple Fiber and Pectin		300 mg	†
Grapefruit Pectin		300 mg	†
Guar Gum		300 mg	†
Lactobacillus sporog	enes	50 Million CFU	†

^{*} Percent Daily Values (% DV) are based on a 2,000 calorie diet

† Daily Value not established

Other Ingredients: Fructose, Natural Lemon-Lime Flavoring and Citric Acid.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, starch, fat, cholestero oil. emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agen common allergens, color, preservative or genetically modified (GMO) ingredients