

Usual Adult Dosage: One (1) Tablespoon daily.

Directions:

- 1) Mix one (1) Tablespoon of Fibermax in a glass of cold water or orange juice. (For best results mix with equal amounts of Lecithin & Bee Pollen from Maxi Health Research®)
- 2) Stir briskly and drink promptly. If mixture thickens, add more liquid and stir. Drinking another glass of liquid is necessary.
- 3) Best when taken before dinner.

Medical research shows that high fiber intake is important for good digestive health. Fibermax™ is premium psyllium fiber made from high quality, fine texture husk. This bulk producing fiber encourages normal elimination naturally, without chemical stimulants and is non-addictive. Oat Bran is included in Fibermax™ because it has one of the highest levels of soluble fiber found in any food. The enzymes in Fibermax™ will help reduce gas and bloating.

To help your body adjust and avoid the minor gas and bloating sometimes associated with high fiber intake, you may need to increase your fiber intake gradually. Start by taking one teaspoonful of Fibermax™ per day. If minor gas or bloating occurs, reduce the amount you take for several days. Gradually increase to 1 tablespoon per day if needed or as directed.

Filled by weight, not volume.

*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.

VEGETARIAN
CERTIFIED KOSHER
DOCTOR FORMULATED



Manufactured in USA for:

MaxiHealth®
True to total wellness™

800-544-MAXI (6294)

BROOKLYN, N.Y.

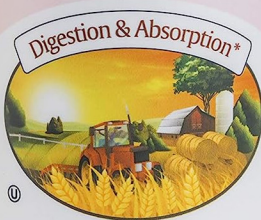
www.maxihealth.com

Questions? info@maxihealth.com

Constipation &
Cleansing
Formula*

FIBERMAX™

— DIETARY SUPPLEMENT —



14 OZ.

More wellness from every bite

MaxiHealth®
True to total wellness™



Supplement Facts

Serving Size 1 Rounded Tablespoon (approx. 12 grams)
Servings Per Container 33

Amount Per Serving	%Daily Value**
Calories	44.14 2%
Total Carbohydrates	12.91 g 4%
Dietary Fiber	6.57 g 26%
Soluble Fiber	0.02 g *
Crude Fiber	5.4 g *
Sugars	1.2 g *
Sodium	6.08 mg < 0%
Protein	0.17 g 0%
Calcium (naturally present)	47.95 mg 5%
Proprietary Blend	12 g *
Psyllium seed husk powder (Plantago ovata)	
Oat bran powder (Avena sativa) (hulls)	
Enzymax® blend¹	

* Daily Value not established.

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

Other Ingredients: None.

¹Enzymax®, a vital digestive enzyme complex, is a registered trademark of Maxi Health Research® LLC. Enzymax® blend provides calcium carbonate, bromelain, papain, lipase, amylase, protease, and silica.

This product contains **NO** animal products, soy, wheat, milk, sugar, yeast, salt, artificial flavors, colorings or preservatives.

Keep tightly closed in a cool, dry place.

Keep out of reach of children.

This product was manufactured in a GMP Certified facility.

Enzymax®, a vital digestive enzyme complex, is a registered trademark of Maxi Health Research® LLC.



Digestion & Absorption*

