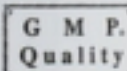


YERBA PRIMA has pioneered significant advances in health enhancing products, including natural dietary fiber, internal cleansing, and standardized herbs.

QUALITY ASSURANCE: Yerba Prima's products are pure and natural, and are made only from premium quality ingredients.

TAMPER EVIDENT: Do not use this product if printed band around cap is broken or missing.



CAUTION: A very small percentage of individuals, particularly health care providers who have been occupationally exposed to psyllium dust, may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction. If you experience a strong reaction, with difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Keep out of the reach of children.

Keep tightly closed to protect from humidity.

INGREDIENTS: Fructose, psyllium seed husks, acacia gum, soy fiber (non-GMO), oat bran, citric acid, natural orange flavor, apple pectin extract, annatto-turmeric color.

Yerba Prima, Inc.
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email: yerba@yerbaprima.com
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Come visit us at our
web site: www.yerbaprima.com

Supplement Facts

Serving size 15 grams (1 rounded Tablespoon)
Servings per container: 30

Amount per serving	% Daily Value*
Calories 50	
Total Fat 0 g	0%
Total Carbohydrate 13 g	4%
Dietary Fiber 5.5 g	22%
Soluble Fiber 4.5 g	
Insoluble Fiber 1 g	
Sugars 7.5 g	
Protein <1g	
Calcium 15 mg	<2%
Sodium 5 mg	<2%
Potassium 50 mg	<2%
Concentrated fiber blend	7g **
Psyllium seed husks	
Acacia gum	
Soy fiber (non-GMO)	
Oat bran	
Apple pectin extract	

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

** Daily Value not established.

DAILY FIBER[®] FORMULA

**Concentrated Fiber Blend
Supports Digestive Health**



All Natural Fiber Supplement
Net Wt 16 oz (454 g)

DAILY FIBER, ORANGE FLAVOR is an everyday fiber supplement with a light orange flavor and a balance of essential soluble and insoluble fiber. **Daily Fiber** is a concentrated source of all 5 fiber types. Health authorities recommend at least 25 grams daily of fiber for good health, but most people consume only 10 to 15 grams a day. We need fiber for normal regularity and for digestive health. **Daily Fiber** helps by supporting friendly bacteria and by moving waste material more quickly through the colon. For best results, use everyday as long as desired. No artificial sweeteners, colors or additives.

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 1 rounded **Tablespoon**, 1 to 3 times a day. CHILDREN 6-12: 1 rounded **teaspoon**, 1 to 3 times a day. See Directions.

DIRECTIONS: Can be used with or between meals. Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed. Stir powder briskly into **at least 8 ounces (a full glass) of water**. Drink immediately. Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts.

