

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.

G M P.
Quality

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: Psyllium seed husks, soy fiber (non-GMO), oat bran, acacia gum, apple pectin extract. Note: The carbohydrate in this product is primarily non-digestible fiber; digestible carbohydrate is only 1/2 gram per serving.

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Come visit us at our web site:
www.yerbaprima.com

Supplement Facts		
Serving size 7 grams (1 heaping teaspoon)		
Servings per container: 48		
Amount per serving		% Daily Value*
Calories	20	
Total Fat	0 g	0%
Total Carbohydrate	5.7 g	2%
Dietary Fiber	5.2 g	21%
Soluble Fiber	3.5 g	
Insoluble Fiber	1.7 g	
Sugars	0 g	
Protein	<1 g	
Calcium	21 mg	<2%
Sodium	5 mg	<2%
Potassium	60 mg	<2%
Concentrated fiber blend	7 g	**
Psyllium seed husks		
Soy fiber (non-GMO)		
Oat bran		
Acacia gum		
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 12 oz (340 g)

DAILY FIBER FORMULA is an ideal everyday fiber supplement, with 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 added sweeteners, colors or additives.

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 1 heaping teaspoon, 1 to 3 times a day. CHILDREN 6-12: 1 level 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 liquid. Juice, water, soy or rice drink, and milk are all good with Daily Fiber Formula. For easiest mixing, shake in a closed jar. Drink immediately. If product is too thick when consuming, add more liquid and stir. Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts.

