

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 1 heaping teaspoon, 1 to 3 times a day. CHILDREN 6-12: 1/2 to 1 level teaspoon, 1 to 3 times a day. 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.** Drink immediately. For easiest mixing, shake in a closed jar. If product is too thick when consuming, add more liquid and stir. Drinking additional liquid is helpful. If loose stools, minor gas or bloating occurs, reduce the amount you take until your system adjusts. Can be taken with meals or between meals.

Use as needed, but not longer than two months everyday. For long term regularity, gradually substitute Yerba Prima Daily Fiber® or Colon Care in place of Fiber Plus.

As with all bulking fiber supplements, do not take within 1 to 2 hours of prescription medications. If you are taking medication or are under a doctor's care, consult a health professional before use.

Fill controlled by weight, not volume. Contents may settle during shipping and handling. Store at room temperature. Keep lid tightly closed to protect from humidity.

QUALITY ASSURANCE: Yerba Prima's products are made only from premium quality ingredients. This product has no added sugar, artificial flavor, artificial color, binders or fillers.

Note: All psyllium husk products, and most agricultural products, contain some chemicals that the plants absorb from the soil.

Ingredients: Psyllium seed husks, oat bran, acacia gum, soy fiber (non-GMO), ginger root, natural flavor, senna extract 10% sennosides, apple fiber, red clover tops extract 4:1, dandelion root & leaf extract 4:1, cellulose.

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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 13	
Total Fat 0 g	0%
Total Carbohydrate 5 g	<2%
Dietary Fiber 4.7 g	19%
Soluble Fiber 3.1 g	
Insoluble Fiber 1.6 g	
Sugars 0 g	
Protein <1 g	
Calcium 20 mg	<2%
Sodium 5 mg	<2%
Potassium 50 mg	<2%
Concentrated fiber blend 6,400 mg**	
Psyllium seed husks	
Oat bran	
Acacia gum	
Soy fiber (non-GMO)	
Apple fiber	
Cleansing herbal blend 398 mg**	
Ginger root	
Senna extract, 10% sennosides	
Red clover tops extract 4:1	
Dandelion root & leaf extract 4:1	
*Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value not established.	

Yerba Prima

FIBER PLUS® POWDER

Promotes Regularity*

Fiber, Senna and Purifying Herbs

Natural Dietary Fiber Supplement

APPLE SPICE FLAVOR

Net Wt 12 oz (340 g)

Yerba Prima

Yerba Prima Fiber Plus® - Take as needed to restore regularity. Fiber Plus also provides a quick, thorough cleansing of the colon when needed.*

Yerba Prima Fiber Plus contains all the benefits of fiber in addition to the colon cleansing benefits of senna to help restore healthy bowel function.*

Yerba Prima Fiber Plus includes purifying herbs to soothe the digestive system and support the cleansing process.*

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

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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

NOTICE: This product contains senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain. Consult your physician if you have frequent diarrhea. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product. **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. California residents only: Proposition 65

WARNING: This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm. For more information about Prop 65, see www.yerbaprima.com.

