

SUGGESTED USE: 1 SCOOP (15.4 G) MIXED WITH 8 OZ. OF CHILLED WATER OR BEVERAGE OF CHOICE, OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE & CONSULT YOUR HEALTHCARE PRACTITIONER.

KEEP OUT OF REACH OF CHILDREN.
STORE SEALED IN A COOL, DRY PLACE.

Manufactured For:
Moss Nutrition
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Hadley, MA 01035
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*Comprehensive Blend of
Soluble & Insoluble Fibers*



Dietary Supplement
Net Wt: 462 g (16.3 oz)

Supplement Facts

Serving Size: 1 scoop (15.4 grams/0.54 oz)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	10 g	4%*
Dietary Fiber	10 g	36%*
Soluble Fiber	7 g	**
Insoluble Fiber	3 g	**
Total Sugars	0 g	**

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

** Daily Value not established.

Ingredients: Organic oat hull fiber, psyllium husk, soluble fiber blend (organic acacia gum, inulin, glucomannan, apple pectin), prune fruit powder, malic acid, natural orange flavor, beta carotene (color), monk fruit extract (Lo Han Guo).

Does not contain gluten.