

THE
KOCHE
APPROACH



YOUR WAY TO WEIGHT LOSS & WELLNESS
CREATED BY LISA SAFF KOCHÉ, MD. & SPECTRA WELLNESS SOLUTIONS

BASIC FIBER

NET WT. 8.15 OZ. (231 G.)

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: One Level Scoop (11 g)

Servings Per Container: 21

Each Level Scoop (11 g) Contains:	% DV
Calories	35
Total Carbohydrate	8 g 3%*
Dietary Fiber	8 g 37%*
Proprietary Blend	11 g
Inulin (from Agave) (<i>Agave tequilana</i>)	**
Oat Fiber Powder (seed) (<i>Avena sativa</i>)	**
Prune Powder (fruit) (<i>Prunus domestica</i>)	**
Pectin (from Apple)	**

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

** Daily Value (DV) not established.

Suggested Use: Mix 1 level scoop with 8 oz. of water one to three times daily or as recommended by your health-care practitioner. Follow with at least 8 oz. of water. This product is unflavored and unsweetened.

Manufactured For:
Spectra Wellness Solutions
509 S. Armenia Suite 302
Tampa, FL 33609
(813) 319-0911
www.spectracomplete.com

Tamper Evident: Use only if bottle is sealed.

If pregnant, consult your health-care practitioner before using this product.

Store tightly sealed in a cool, dry place.



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