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Multi-Fiber & Herb System to Support Daily Regularity, Promote Internal Cleansing and Maintain Healthy Cholesterol Levels*

Mixes easily with water or juice and provides over 6 grams of total fiber per serving from psyllium, guar gum and pectin.

Maintains Healthy Cholesterol Levels, diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk may reduce the risk of heart disease by maintaining healthy blood cholesterol levels. One serving of Everyday Fiber System™ provides 4 grams of soluble fiber from psyllium husk.

Supports Daily Regularity delivering prune powder, fiber and bulking ingredients that absorb toxins and encourage healthy elimination, plus comprehensive

digestive support featuring plant-source enzymes, herbs traditionally used to stimulate digestion and reduce flatulence, and fructooligosaccharides (FOS), which act as food for beneficial bacteria.*

Promotes Internal Cleansing with chlorophyll and bentonite clay, long recognized in traditional therapies as natural detoxifiers.*

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



Rev. 11.1-3

Digestion—The Foundation of Health



RAINBOW LIGHT®

Everyday Fiber System™ Powder



Food-Based Formula

Supports Daily Regularity*

Promotes Internal Cleansing*

Maintains Healthy Cholesterol Levels*



Net Wt. 8.8 oz (252 grams)

Dietary Supplement

To open, press along perforation. Please remove label before recycling tub.

S u p p l e m e n t F a c t s		
Serving Size 1 Tbsp (9 g)		
Servings Per Container: 28		
	Amount Per Serving	%DV
Calories	34	
Total Carbohydrate	7 g	2%
Dietary Fiber	6.6 g	23%
Soluble Fiber	4.5 g	*
Insoluble Fiber	2.2 g	*
Psyllium [husk & seed]	5 g	*
Bentonite Clay	754 mg	*
Apple Pectin	571 mg	*
Guar Gum	181 mg	*
Herbal Blend	1403 mg	*
Ginger [rhizome], Fennel [seed], Fenugreek [seed], Yellow Dock [root], Peppermint [herb]		
Plant-Source Digestive Enzymes		
Protease	2310 HUT	*
Amylase	793 DU	*
Lipase	8 LU	*
Whole Food Blend	984 mg	*
Prune (dried Plum) [fruit] Powder, Lemon Juice Powder		
Fructooligosaccharides (FOS)	30 mg	*
Chlorophyll	10 mg	*
% Daily Value (DV) based on a 2,000 calorie diet. * DV not established.		

Other Ingredients: rice flour.

Suggested Usage: As a dietary supplement to increase your intake of dietary fiber, mix one tablespoon into 8 ounces of pure water or juice and drink immediately. Take once or twice daily 1/2 hour before or 2 hours after a meal, such as bedtime or first thing in the morning. Use only as directed.

NOTICE: This food should be eaten with at least a full glass of liquid. Eating this product without enough liquid may cause choking. Do not eat this product if you have difficulty swallowing.

GUARANTEE: 100% Natural – Free of artificial colors, flavors, sweeteners, preservatives and other objectionable additives often found in vitamin products. Contains no sugar or lactose.

ALLERGEN Free of Gluten, Yeast, Milk, Eggs, **SafeGuard**™ Soy, Nuts, Fish/Shellfish

Vegan Guard® screened for vegans to be free of animal products.

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125 McPherson St., Santa Cruz, CA 95060
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