

Solgar's Multiple Fiber Formula Vegetable Capsules are free of corn, yeast, wheat, soy and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

To assure freshness and potency, store at room temperature 15°-30°C (59°-86°F). Store away from heat, light and moisture.

Formulated for adults.

Keep out of reach of children.

***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.**

Carefully Manufactured By:
Solgar Vitamin and Herb
Leonia, N.J. 07605 U.S.A.

For more information, call toll-free 1-877-SOLGAR 4.

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www.solgar.com



MULTIPLE FIBER FORMULA

DIETARY SUPPLEMENT

120 VEGETABLE CAPSULES
SUITABLE FOR VEGETARIANS
SUGAR, SALT AND STARCH FREE

GASTROINTESTINAL SUPPORT*

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 60

Amount Per 2 Capsules	%DV
Total Carbohydrate	1 g <1%*
Oat Bran	200 mg **
Apple Pectin	200 mg **
Grapefruit Pectin	200 mg **
Flaxseed Meal	200 mg **
Psyllium Seed Husks	200 mg **

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

**Daily Value (DV) not established.

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica, Water. May contain vegetable glycerin.

SUGGESTED USE: As a dietary supplement for adults, two (2) to six (6) vegetable capsules daily with 8 oz. of water, distributed throughout the day, preferably away from meals, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

