

ULTIMATE FIBER CLEANSE*

It is recommended that every adult consume 20-30 grams of fiber per day. Yet the majority of Americans fall short of the daily fiber recommendations.

Ultimate Fiber® is formulated with a proprietary blend of ingredients to help you meet your dietary needs. Each serving of this delicious formula provides 4 grams of dietary fiber per serving, making it easier to meet your daily requirements.*

- Psyllium is one of the most popular forms of fiber and has a long history of use. It is a bulk-forming fiber which helps speed bowel transit time.*
- Marshmallow and Slippery Elm have been traditionally used to support the protective mucous lining of the intestines.*
- *Lactobacillus acidophilus* helps promote the health of the digestive tract and supports a healthy balance of microflora or "friendly bacteria."*
- FOS (Fructooligosaccharides) helps promote "good" bacteria in the digestive tract.*

TAKE CONTROL of YOUR HEALTH

Experience the Sensation
of Whole-Body Wellness...
Detoxify • Cleanse • Rebuild

Who is Nature's Secret?

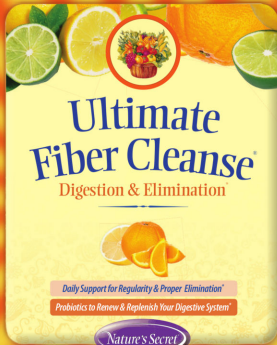
At Nature's Secret® we believe that total body wellness is the key to overall health.

The conventional approach to health sees the body as a set of separate parts, each needing their own separate treatments. Take a look at the way our medical system is organized - from cardiologists to dermatologists, we have a doctor for nearly every body part. But nature has a well-kept secret... there is no separation between any of our systems. They are all intricately connected in a brilliant dance only nature could orchestrate. At Nature's Secret®, we develop our products using this whole-body philosophy.

We understand, for example, that sluggish digestion can lead to low energy levels and shouldn't always be supported with caffeinated energy tablets. Our approach focuses on the origins of imbalance, not the signs of imbalance. This is Nature's Secret®, total body wholeness and wellness.

www.NaturesSecret.com

*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.



NET QUANTITY: 7.9 OZ. (225 GRAMS) • DIETARY SUPPLEMENT

DIRECTIONS: (Adult) Mix one (1) tablespoon (7g) in at least 8 ounces (a full glass) of water or juice once or twice daily. **Taking this product without adequate liquid may cause choking.** Drink 8 to 10 glasses of water daily. Product should be refrigerated after opening.

Supplement Facts

Serving Size: 1 Tablespoon (Approx. 7g)

Servings per Container: 32

	Amount per Serving	% Daily Value
Calories	25	
Total Carbohydrates	6 g	2%**
Dietary Fiber	4 g	16%**
Proprietary Blend	6.3 g	†
Psyllium powder (seed husk), Marshmallow powder (root), Slippery Elm powder (bark), <i>Lactobacillus acidophilus</i> , Fructooligosaccharides (FOS)		

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

†Daily Value not established

Other Ingredients: Rice maltodextrin, rice protein, natural mixed tocopherols and natural citrus flavor.

Contains: Dairy

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
Nature's Secret®, P.O. Box 66457, Los Angeles, CA 90066 • www.NaturesSecret.com
Available Exclusively in Fine Health Food Stores Everywhere

Questions: Call Consumer Affairs 1-800-297-3273
Weekdays 8:00 AM TO 5:00 PM (PST) • Questions@NaturesSecret.com

To join our Wellness Club and receive tips on how to improve your health,
please visit us at www.NaturesSecret.com/wellness1

USAGE WARNING: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Taking this product without adequate water may cause product to swell and block your throat or esophagus, which may cause choking. Do not take if you are having difficulty swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

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