Daily Cleanse Fiber

Daily Cleanse Fiber is a proprietary blend of plant based fibers and herbs to help support healthy digestion and elimination.* Used daily, this blend gently supports regularity with fiber and Triphala, while herbs like Ginger and Cinnamon pleasantly warm and stimulate digestion.*



1/2 hour before breakfast, adults take 1 heaping teaspoon of Daily Cleanse Fiber in 8-10oz of water. Shake or stir well and drink quickly before liquid thickens. If sensitive digestion or elimination is present, then begin with 1/2 the suggested dose and gradually increase to the full dose.

Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before using this product. Keep away from children, lise only as directed on label. Safety sealed for your protection. Keep hattle capped at all times and stave in a cool dry place.





Daily Cleanse Fiber

Supports healthy & gentle elimination*

meetvourherbs?

DIETARY SUPPLEMENT

Supplement Facts Serving Size 1 Heaping Teaspoon

Servings Per Container 36

AMOUNT PER SERVING HERBAL BLEND 3.0at

Psyllium seed husk powder A (Plantago ovata). Triphala fruit extract powder A [Emblica officinalis, Terminalia hellerica, Terminalia chebulal, ChiaMax ground Chia seed + (Salvia hispanical. Marshmallow root powder + (Althaea officinalis). Deglycyrrhizinated Licorice root powder extract + (Glycyrrhiza spp.). Ginger rhizome powder ▲ (Zingiber officinate). Cinnamon bark powder ▲ [Cinnamomum spp.].

† Daily Value not established

- ▲ = Certified Organic Ingredient
- + = Ecologically Harvested

Brevard, NC 28712 GaiaHerbs.com

[005] 588-722-1112