

PRODUCT #01051

DIRECTIONS: As a dietary supplement, take six (6) tablets before bed with eight ounces of water. Dosage may be increased as directed by a healthcare practitioner.

Manufactured with all natural fillers, binders and coating. This product contains no dairy, wheat, gluten, corn, soy, yeast, sugar or any artificial ingredients. Our products contain organically grown herbs, when available.

Double-sealed for your protection. Do not use if outer seal is broken or missing.

CAUTION: Keep out of reach of children.

MANUFACTURED FOR
MICHAEL'S®
NATUROPATHIC PROGRAMS
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A Division of Inner Health Group, Inc.

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Certified by: Rabbi Alan Silver, M.D.
Orthodox Jewish Council

Visit our website:
www.michaelshealth.com



michael's®
naturopathic programs



fiber & more™

comprehensive fiber formula

180 vegetarian & kosher tablets
herbal supplement

tried & truthful



Supplement Facts

Serving Size: Six (6) Tablets
Servings Per Container: 30

Amount Per Serving	% Daily Value	
Dietary Fiber	2.68 g	12%*

Proprietary Blend	4.1 g (4096 mg)	**
Rice Bran (<i>Oryza sativa</i>), Flax Seed (<i>Linum usitatissimum</i>), Psyllium Seed Husk (<i>Plantago psyllium</i>), Apple Pectin, Garlic Clove Extract (<i>Allium sativum</i>), Pumpkin Seed (<i>Cucurbita pepo</i>), Butternut Root Bark (<i>Juglans cinerea</i>), Dandelion Root (<i>Taraxacum officinale</i>), Marshmallow Root (<i>Althea officinalis</i>) and Okra Leaf (<i>Abelmoschus esculentus</i>)		

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

**Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Natural Glaze.

Made in a GMP facility that processes egg, fish, milk, shellfish, soy, tree nut and wheat products.

H021115 Scan for product information.

