

Every Day Fiber™ Orange

SUGGESTED USE: Adults: For persons 150 pounds and more: 1 heaping tablespoon three times daily. For persons under 150 pounds: 1 tablespoon twice daily. Mix with 8 oz. of water, juice or your favorite beverage. Drink immediately.
Children: (6-12 years) 1/2 the regular adult dosage.

As a means of adding fiber to your diet, Every Day Fiber Orange may be taken every day.

Good For Your Heart

Soluble fiber from foods such as **Psyllium Husk**, as a part of a diet low in saturated fat and cholesterol, may reduce the risk of **heart disease**. A serving of Every Day Fiber supplies 4 grams of the 7 grams of soluble fiber from Psyllium Husk necessary per day to have this effect.

Suggested use for weight management:

Take one tablespoon (approx. 7g) about half an hour before every meal, with at least 8 oz. of water, juice or your favorite beverage. Psyllium Husk **promotes a feeling of fullness**, which may help you to eat less at mealtime.* It also provides fiber that helps promote good bowel movements, which are essential for weight management.* For best results, combine Every Day Fiber whenever possible with a healthy lifestyle including sufficient exercise, a lot of water consumption and a sensible balanced diet that suits your needs.

Stevia is a natural non-caloric sweetener. The extract used by Health Plus™ is approximately 300 times sweeter than table sugar.

Need something stronger? Try our **Super Colon Cleanse®** capsules or powder, a unique combination of Psyllium Husk with other herbs and Acidophilus. For a more thorough cleanse, please consider adding one helping of Super Colon Cleanse every night in addition to your regular helping of Every Day Fiber for about 2 weeks at a time. Repeat approximately every 8 weeks.

In case of disposal, place in trash and avoid disposal in any plumbing system.

For individuals who lack sufficient fiber in their diet and to help maintain regularity.*



Colon Cleanse® Every Day Fiber™



• HELPS PROMOTE
DIGESTIVE HEALTH*

• HELPS SUPPORT
WEIGHT MANAGEMENT*

• GENTLE INTERNAL
CLEANSING*

36 Servings

Sugar Free

Bulk Forming Dietary Supplement

NET WT. 9 OZ. (255g.)



Established in 1981

HIGH IN FIBER

HEALTHY SWEETENER WITHOUT THE CALORIES

HELPS MAINTAIN CHOLESTEROL ALREADY WITHIN NORMAL RANGE

MADE WITH PSYLLIUM HUSK

REFRESHING ORANGE FLAVOR

Supplement Facts

Serving Size: 1 Heaping Tablespoon (7g)

Serving Per Container: 36

	Amount Per Serving	%Daily Value
Calories	25	
Total Carbohydrate	6g	2%**
Dietary Fiber	5g	20%**
Soluble Fiber	4g	†
Iron	0.8mg	4%
Psyllium Husk	7g	†

** Percent Daily Values are based on a 2000 calorie diet
† Daily Value not established

Other Ingredients: Citric Acid, Orange Flavor, Tartaric Acid, Stevia Leaf Extract

*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.

For California Residents Only, Warning: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

Notice: This dietary supplement should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not use this product if you have difficulty swallowing.

Manufactured by:

healthPLUS
HEALTHY LIVING. NATURALLY. inc.

CHINO, CA 91710 U.S.A. (800) 822-6225

www.healthplusinc.com

STEP

1

In a series of 8 body cleansing products from HEALTH PLUS®, Inc.

COLON CLEANSE

MAX Line:

For better results, include **SUPER FIBER BLEND®**, **DIGEST CLEANSE®** and **PROBIOTIC FIBER™** in your cleansing regimen.

The next step in internal cleansing: While continuing with Every Day Fiber, also use the next 7 products in the Total Body Cleansing System:

- 2 Liver Cleanse™
- 3 Kidney Cleanse™
- 4 Blood Cleanse®
- 5 Adrenal Cleanse™
- 6 Heart Cleanse®
- 7 Joint Cleanse™
- 8 Prostate Cleanse™

ESPECIALLY HELPFUL FOR
INDIVIDUALS ON A LOW CARB DIET*

10000401/12/1

