

Every Day Fiber™

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. water, juice or your favorite beverage. Drink immediately.

Children: (6-12 years) 1/2 the regular adult dosage.

As a means of adding beneficial fiber to your diet, Every Day Fiber 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.

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 6 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.*



THE ORIGINAL
Colon Cleanse®

Every Day Fiber™



• HELPS PROMOTE
DIGESTIVE HEALTH*

• HELPS SUPPORT
WEIGHT MANAGEMENT*

• GENTLE INTERNAL
CLEANSING*

48 Servings
NET WT. 12 OZ. (340g)
Bulk Forming Dietary Supplement

Established in 1981

HIGH IN FIBER

ESPECIALLY
HELPFUL FOR
INDIVIDUALS ON
A LOW CARB DIET*

HELPS MAINTAIN
CHOLESTEROL
ALREADY WITHIN
NORMAL RANGE

MADE WITH
**PSYLLIUM
HUSK**

Supplement Facts

Serving Size: 1 Heaping Tablespoon (7g)
Servings Per Container: 48

	Amount Per Serving	**%Daily Value
Calories	25	
Total Carbohydrate	6g	2%**
Dietary Fiber	5g	22%**
Soluble Fiber	4g	†
Iron	0.6mg	4%
Psyllium Husk	7g	†

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

*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.

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®,
SWEET 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™**

Manufactured by:

healthPLUS
HEALTHY LIVING NATURALLY inc.

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

www.healthplusinc.com

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