



### Promotes a Healthy Heart\*

Scientific research shows the importance of sufficient dietary fiber intake. The 4 grams of soluble fiber in one serving of Shaklee Fiber Plan Unflavored, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease, a disease associated with many factors. Typically, Americans consume only about half the Daily Value of fiber, which is 25 grams a day for a 2,000 calorie diet. Shaklee makes it easy for you to meet all your daily fiber needs by offering two fiber products to choose from: Tablets and Unflavored.

Shaklee Fiber Plan Unflavored is a good source of high-quality dietary fiber and an excellent source of vitamin C, with only 20 calories per serving. It is naturally fat, cholesterol, and sodium free.

Gluten free. No artificial flavors, sweeteners, colors, or preservatives added.

NOTE: THIS PRODUCT CONTAINS PSYLLIUM, WHICH CAN CAUSE ALLERGIC REACTIONS. THIS FOOD SHOULD BE CONSUMED WITH AT LEAST A FULL GLASS OF LIQUID. CONSUMING THIS PRODUCT WITHOUT ENOUGH LIQUID MAY CAUSE CHOKING. DO NOT EAT THIS PRODUCT IF YOU HAVE DIFFICULTY SWALLOWING.

NG351B

\* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

## PROMOTES A HEALTHY HEART\*

- Provides 4 Grams of Soluble Fiber
- Unique Blend of Natural Plant Fiber Sources

# Shaklee FIBER PLAN®

Dietary Supplement



UNFLAVORED

NET WT.  
10.7 OZ.  
(300 g)

## Supplement Facts

Serving Size: 2 Teaspoons (5 g)  
Servings Per Container: 60

	Mix Alone		Mix with 8 fl. oz. Orange Juice	
	Amount Per Serving	% DV	Amount Per Serving	% DV
Calories	20		130	
Calories from Fat	0		5	
Total Fat	0 g	0%**	0.5 g	<1%**
Cholesterol	0 mg	0%	0 mg	0%
Total Carbohydrate	5 g	2%**	31 g	10%**
Dietary Fiber	4 g	16%**	4 g	16%**
Protein	0 g	0%**	2 g	4%**
Vitamin A	0 IU	0%	500 IU	10%
Vitamin C	48 mg	80%	172 mg	287%
Calcium	0 mg	0%	27 mg	3%
Iron	0 mg	0%	0.5 mg	3%

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: PSYLLIUM HUSK, PECTIN, GUAR GUM, LOCUST BEAN GUM, MALTODEXTRIN, ASCORBIC ACID. ★

Distributed by Shaklee Corporation  
4747 Willow Road, Pleasanton, CA 94588

**Directions:** Mix 2 teaspoons with 8 fluid ounces of orange juice, other fruit juices, or your favorite Shaklee drink product. Stir briskly until dissolved and drink immediately. Or stir into any flavor of nonfat yogurt. Store in a cool, dry place.

If your diet is low in fiber, increase fiber gradually to avoid minor gas or bloating, which is sometimes associated with high fiber intake. If these conditions do occur, simply reduce the amount you consume until the symptoms subside and then gradually increase your consumption again.

Product sold by weight only, not by volume.  
Settling will occur in shipping and handling.



ITEM #20307

