

USAGE: Stir 2 tablespoons vigorously into a full glass of water or juice until dispersed completely. If allowed to stand, the drink mix will thicken. Drink with plenty of water.

NOTE: Packaged with desiccant. Do not eat or swallow the desiccant. Do not use this product within one hour of taking multi-vitamin/mineral supplements or medications. People allergic to citrus should not use this product.

Jarrow Formulas® Gentle Fibers® provides high-quality fibers and lignans that promote cardiovascular and immune health along with good digestion and proper elimination.*

The **insoluble fibers** (flax and chia) in **Jarrow Formulas® Gentle Fibers®** positively affect elimination by promoting increased peristalsis (wave-like motion of intestines) and bulking effects.*

The **soluble fibers** (flaxseed, orange pulp & peel, gum Arabic, and inulin-FOS) in **Jarrow Formulas® Gentle Fibers®** promote cholesterol metabolism and cardiovascular health.* These soluble fibers also promote the growth of the good bacteria (*Lactobacilli* and *Bifidobacteria*), which are important in maintaining the proper pH of the digestive tract, good digestion, and immune modulation.*

The **lignans** (from flax) in **Jarrow Formulas® Gentle Fibers®** are naturally occurring phytoestrogens that exhibit antioxidant activity and support healthy cell replication and cardiovascular function.*

To best increase the intestinal friendly flora, take Gentle Fibers® with Jarro-Dophilus® or Bifidus Balance®.

Keep out of the reach of children.
To maintain freshness, product should be kept refrigerated after opening.

* 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.

Jarrow
FORMULAS®

Soluble & Insoluble Fibers

Gentle Fibers®

Promotes Bowel Regularity* & Cardiovascular Health*

NET WEIGHT

16.5 oz (468 g)
POWDER

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 15.6 g (Approx. 2 Tbsp) Servings Per Container about 30

	Amount Per Serving	% DV*
Calories	30	
Calories from Fat	20	
Total Fat	2 g	4%
Saturated Fat	0 g	
Trans Fat	0 g	
Cholesterol	0 g	
Sodium	0 g	0%
Total Carbohydrate	10 g	3%
Dietary Fiber	9 g	36%
Soluble Fiber	6 g	†
Insoluble Fiber	3 g	†
Sugars	0 g	
Protein	2 g	4%
Vitamin A **	Vitamin C **	
Calcium 7%	Iron **	

* Percent Daily Values are based on a 2,000 calorie diet.
** Contains less than 2% of the daily value of these nutrients.
† Daily Value not established.

Ingredients: Flaxseed meal, defatted chia bran, orange pulp and peel, gum Arabic and inulin-FOS.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.

Packaged by weight, not by volume.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

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