

USAGE: Take 5 capsules with 8 oz. of water on an empty stomach. Drink at least 8 glasses of water a day. Or use as directed by your qualified healthcare professional.

NOTE: This product contains senna. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain.** Consult your healthcare professional if you have frequent diarrhea. If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Fiber Perfect® combines natural dietary fibers, green algae, botanicals, organic acids and the cell wall components of beneficial bacteria into a comprehensive formula to promote intestinal peristalsis (bowel movement) and intestinal detoxification.*

Features:

- Promotes bowel function: psyllium, beet fiber, VitaFiber™ (isomalto-oligosaccharides), senna leaf and slippery elm bark.*
- Assists detoxification: yaeyama chlorella, fibers and dandelion.*
- Soothes the digestive tract: fennel seed, dandelion, ginger root and peppermint leaves.*

Keep out of the reach of children.

* 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

A Perfect Blend of Dietary Fibers & Botanicals
Friendly Bacteria Metabolites

Fiber Perfect®

Promotes Healthy Bowel Function*
and Detoxification*

150
CAPSULES

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 5 Capsules

Servings Per Container 30

	Amount Per Serving	% DV
Fiber Blend	2.5 g	10%
Psyllium (<i>Plantago ovata</i>), Beet Fiber (<i>Beta vulgaris</i>), VitaFiber™ (Isomalto-Oligosaccharides)		
Beneficial Bacteria Metabolites	60 mg	*
Metabolin® (Metabolites of <i>Propionibacterium shermanii</i>)		
Green Algae	100 mg	*
Yaeyama Chlorella (<i>Chlorella vulgaris</i>)		
Proprietary Blend of Botanicals	300 mg	*
Slippery Elm Bark (<i>Ulmus rubra</i>), Senna Leaf Extract (<i>Cassia angustifolia</i>), Organic Ginger Root (<i>Zingiber officinale</i>), Dandelion Root (<i>Taraxacum officinale</i>), Peppermint Leaf (<i>Mentha piperita</i>), Fennel Seed (<i>Foeniculum vulgare</i>)		

* Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

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

Suitable for vegetarians/vegans.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and FormulationSM
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Lot #: Best Used Before:

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