



# fiber blend

a source of insoluble  
and soluble fiber

specialty  
300 capsules  
dietary supplement

digestive health<sup>▼</sup>  
regularity<sup>▼</sup>

gluten  
free

dairy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 3 Capsules

Servings Per Container 100

|                                                        | Amount<br>Per Serving | % Daily<br>Value |
|--------------------------------------------------------|-----------------------|------------------|
| Oat Fiber ( <i>Avena sativa</i> )(seed)                | 930 mg                | *                |
| Brown Rice Bran                                        | 825 mg                | *                |
| Apple Pectin ( <i>Pyrus malus</i> )(fruit)             | 210 mg                | *                |
| Citrus Fiber ( <i>Citrus paradisi</i> ) (fruit)        | 150 mg                | *                |
| Soy Fiber ( <i>Glycine max</i> )(seed)                 | 150 mg                | *                |
| Psyllium Husk Powder ( <i>Plantago ovata</i> )         | 120 mg                | *                |
| Prune ( <i>Prunus domestica</i> )(fruit)               | 75 mg                 | *                |
| Cabbage<br>( <i>Brassica oleracea</i> )(leaf and core) | 18 mg                 | *                |
| Carrot ( <i>Daucus carota</i> )(root)                  | 9 mg                  | *                |
| Broccoli<br>( <i>Brassica oleracea</i> )(whole plant)  | 6 mg                  | *                |

\* Daily Value not established.

**Other ingredients:** Gelatin, magnesium stearate.

**Contains:** Soy.

**Does not contain:** Yeast, Gluten, Wheat, Salt, Dairy,  
Fish, Artificial Colors or Flavors.

▼ 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.

**DIRECTIONS:** As a dietary supplement, take three (3)  
capsules up to twice daily with at least 8 oz. of water  
and preferably with meals.

**WARNING:** This product must be taken with at least  
8 oz. of water, as it contains Psyllium Husks. Taking  
Psyllium Husks without a full glass of liquid may cause  
choking. Do not use this product if you are pregnant,  
nursing or have difficulty swallowing.

Fiber Blend capsules contain fiber from all 6 fiber  
groups: cellulose, pectin, gums and mucilages,  
hemicellulose and lignin.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.

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