

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: **4 capsules**, 1 to 3 times a day. Take with food. For children 6-12: Do not take capsules. Daily Fiber in powder form is recommended for ease of use. Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed. **Swallow one capsule at a time.** Take each serving with **at least 8 ounces (a full glass) of water or other liquid.** Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts. **Use every day for best results.**

As with all bulking fiber supplements, do not take within 1 to 2 hours of prescription medications. If you are taking medication or are under a doctor's care, consult a health professional before use.

Store at room temperature. Keep lid tightly closed to protect from humidity.

No preservatives. No artificial flavor. No artificial color. No added sugar, binders or fillers.

Note: All psyllium husk products, and most agricultural products, contain some chemicals that the plants absorb from the soil.

INGREDIENTS: Psyllium seed husks, acacia gum, Non-GMO soy fiber, Gluten Free oat bran, apple fiber, USP Kosher gelatin capsule. Note: The carbohydrate in this product is primarily non-digestible fiber; digestible carbohydrate is less than 1/2 gram per serving.

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Come visit us at our web site:
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Supplement Facts

Serving size 4 capsules
Servings per container: 45

Amount per serving		% Daily Value*
Calories	8	
Total Fat	0 g	0%
Total Carbohydrate	2.2 g	<2%
Dietary Fiber	2.2 g	9%
Soluble Fiber	1.8 g	
Insoluble Fiber	0.4 g	
Sugars	0 g	
Protein	0g	
Calcium	5 mg	<2%
Sodium	2 mg	<2%
Potassium	22 mg	<2%
Concentrated fiber blend	2.5g †	
Psyllium seed husks		
Acacia gum		
Non-GMO Soy fiber		
Gluten Free Oat bran		
Apple fiber		

*Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Yerba Prima

DAILY
FIBER®
CAPS

Gentle
Soothing
Fiber*

SUPPORTS DIGESTIVE HEALTH*

Certified



Gluten-Free

Lab



Tested

Premium Dietary Fiber Supplement
180 Capsules

Yerba Prima

Ideal Everyday Fiber Supplement!
Great for People eating Gluten Free Diets!

Daily Fiber provides the additional fiber almost everyone needs. Health authorities recommend at least 25 to 40 grams of fiber every day, but most of us consume only 10 to 15 grams a day. We need fiber for normal regularity and digestive health.*

Daily Fiber helps by supporting friendly bacteria and by moving waste material more quickly through the colon.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SAFETY SEALED: Do not use this product if printed band around cap or seal under cap is broken or missing.

CAUTION: Do not take capsules if you have difficulty in swallowing. A very small percentage of individuals, particularly health care providers who have been occupationally exposed to psyllium dust, may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction. If you experience a strong reaction, with difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Keep out of the reach of children.

California residents only:
Proposition 65

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm. For more information about Prop 65, see www.yerbaprime.com.

