

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 1 heaping teaspoon, 1 to 3 times a day. CHILDREN 6-12: 1/2 to 1 level teaspoon, 1 to 3 times a day. Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed. Stir powder briskly into **at least 8 ounces (a full glass) of liquid**. Drink immediately. Juice, water, soy or rice drink, and milk are all good with Daily Fiber Formula. For easiest mixing, shake in a closed jar. If product is too thick when consuming, add more liquid and stir. Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts. Take with meals or between meals. **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.

Fill controlled by weight, not volume. Contents may settle during shipping and handling. 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, Gluten Free oat bran, acacia gum, Non-GMO soy fiber, apple fiber. Note: The carbohydrate in this product is primarily non-digestible fiber; digestible carbohydrate is only 1/2 gram per serving.

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Supplement Facts	
Serving size 7.1 grams (1 heaping teaspoon)	
Servings per container: 48	
Amount per serving	% Daily Value*
Calories 20	
Total Fat 0 g	0%
Total Carbohydrate 5.7 g	2%
Dietary Fiber 5.2 g	21%
Soluble Fiber 3.5 g	
Insoluble Fiber 1.7 g	
Sugars 0 g	
Protein <1 g	
Calcium 21 mg	<2%
Sodium 5 mg	<2%
Potassium 60 mg	<2%
Concentrated fiber blend 7.1g **	
Psyllium seed husks	
Gluten Free Oat bran	
Acacia gum	
Non-GMO Soy fiber	
Apple fiber	
*Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value not established.	

Yerba Prima

DAILY FIBER[®] FORMULA

GENTLE SOOTHING FIBER

Concentrated Fiber Blend

SUPPORTS DIGESTIVE HEALTH*

Certified



Gluten-Free

Lab



Tested

Premium Dietary Fiber Supplement
Net Wt 12 oz (340 g)

Yerba Prima

Ideal Everyday Fiber Supplement!
Contains Essential Soluble and Insoluble Fiber!
Concentrated Source of all 5 Fiber Types!
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 is broken or missing.

CAUTION: 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.yerbaprima.com.

