

NOW 48 SERVINGS PER BOTTLE PREVIOUSLY ONLY 30 SERVINGS

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: NEW SERVING SIZE IS 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 water. Drink immediately. 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, acacia gum, Gluten Free oat bran, Non-GMO soy fiber, apple fiber, natural tropical orange flavor, citric acid, stevia extract, annatto-turmeric color.

Yerba Prima, Inc.
740 Jefferson Ave., Ashland, OR 97520, USA
email: yerba@yerbaprima.com
Made in U.S.A. © Yerba Prima 2015 198K
Come visit us at our web site:
www.yerbaprima.com

Supplement Facts	
Serving size 7.1 grams (1 heaping teaspoon)	
Servings per container: 48	
Amount per serving	% Daily Value*
Calories 15	
Total Fat 0 g	0%
Total Carbohydrate 5 g	4%
Dietary Fiber 5 g	20%
Soluble Fiber 4 g	
Insoluble Fiber 1 g	
Sugars 0g	
Protein <1g	
Calcium 15 mg	<2%
Sodium 5 mg	<2%
Potassium 50 mg	<2%
Concentrated fiber blend 6.7g **	
Psyllium seed husks	
Acacia gum	
Gluten Free Oat bran	
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

NOW SUGAR FREE!



SUPPORTS DIGESTIVE HEALTH*

Certified
GF
Gluten-Free

Lab
NON GMO
Tested

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

Yerba Prima

DELICIOUS NEW TROPICAL ORANGE FLAVOR

Daily Fiber[®], Orange Flavor is now **sugar free**, lightly sweetened with Stevia.

Daily Fiber, Orange Flavor is a concentrated source of all 5 fiber types. 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 for digestive health.*

Daily Fiber, Orange Flavor 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.

