

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 5 capsules, 1 to 3 times a day. Take with food. For children 6-12: Do not take capsules. Fiber Plus 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 loose stools, minor gas or bloating occurs, reduce the amount you take until your system adjusts. **For Short-Term Use to Restore Regularity.**

Use as needed for occasional constipation. For long term regularity, gradually substitute Yerba Prima Daily Fiber® or Colon Care in place of Fiber Plus.

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.

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

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

Ingredients: Psyllium seed husks, ginger root, acacia gum, senna extract 10% sennosides, Gluten Free oat bran, Non-GMO soy fiber, apple fiber, red clover tops extract 4:1, dandelion root & leaf extract 4:1, cellulose, USP Kosher gelatin capsule.

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Come visit us at our web site:
www.yerbaprima.com

Supplement Facts	
Serving size 5 capsules	
Servings per container: 36	
Amount per serving	% Daily Value*
Calories 8	
Total Fat 0 g	0%
Total Carbohydrate 2.5 g	<2%
Dietary Fiber 2.5 g	10%
Soluble Fiber 2 g	
Insoluble Fiber 0.5 g	
Sugars 0 g	
Protein 0g	
Calcium 5 mg	<2%
Sodium 2 mg	<2%
Potassium 22 mg	<2%
Concentrated fiber blend	2,750mg**
Psyllium seed husks	
Acacia gum	
Gluten Free Oat bran	
Non-GMO Soy fiber	
Apple fiber	
Cleansing herbal blend	375mg**
Ginger root	
Senna extract, 10% sennosides	
Red clover tops extract 4:1	
Dandelion root & leaf extract 4:1	

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

** Daily Value not established.

Yerba Prima

FIBER PLUS CAPS

Gentle Overnight Relief

RELIEVES OCCASIONAL CONSTIPATION*

Certified



Gluten-Free

Lab



Tested

Premium Dietary Fiber Supplement
180 Capsules

Yerba Prima

For Short-Term Use to Restore Regularity*

Includes Soothing Digestive Herbs*

Fiber Plus® - Take as needed to restore regularity. Fiber Plus also provides a quick, thorough cleansing of the colon when needed.*

Fiber Plus contains all the benefits of fiber in addition to the colon cleansing benefits of senna to help restore healthy bowel function.*

*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.

NOTICE: 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 physician if you have frequent diarrhea. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product. **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.yerbaprima.com.

