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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take six (6) capsules with 8 to 16 ounces of water or other liquid twice daily with meals, or as recommended by a healthcare practitioner.

CAUTION: Take at least two hours apart from medications. Taking fiber products without adequate liquid may increase the risk of choking. Consult your healthcare provider before taking this product if you have difficulty swallowing or esophageal narrowing.

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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.



Q01670C

LifeExtension®

Fiber Food Caps



Soluble Fiber Complex

Dietary
Supplement

200 Vegetarian
Capsules

Supplement Facts

Serving Size 6 Vegetarian Capsules
Servings Per Container 33

Amount Per Serving	% Daily Value	
Calories	10	
Total Carbohydrates	3 g	1% [†]
Dietary Fiber	3 g	12% [†]
Psyllium seed husks	2990 mg	**
Guar gum	875 mg	**
Apple pectin	875 mg	**

**Daily Value not established.

[†]Percent Daily Values are based on a 2000 calorie diet.

Other ingredients: vegetable cellulose (capsule), vegetable stearate, silica.

Manufactured for:
Quality Supplements and Vitamins, Inc.

Ft. Lauderdale, Florida 33309

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To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Diets low in saturated fat and cholesterol that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease, a disease associated with many factors.