

The USDA has established that fiber is an essential part of a healthy diet. The best way to get your fiber is by eating a variety of fruits, vegetables and whole grains every day. If you 'fall short' in your fiber intake, **Nature's Answer® Liquid Fiber** can help you meet your fiber goal.

Nature's Answer® Liquid Fiber Supplement provides a healthy dose of daily fiber in a delicious lemon-lime liquid form that is pre-mixed for your convenience. You can take it as is, or add it to your favorite smoothie or beverage without any mixing or stirring.

- Provides 14 grams of soluble fiber per serving
- Provides extra digestive support with prebiotic F.O.S.
- Soluble Fiber promotes 'Feeling Full'
- Delicious Lemon-Lime Flavor
- Instant and Easy - No Messy Mixing

Polydextrose- a form of fiber that can help you feel full, although it is very low in calories, It also helps to support the growth of beneficial intestinal flora.

FOS Inulin-(Fructo-Oligosaccharides)- a natural fiber extracted from Chicory that offers a delicious sweet flavor. FOS supports the growth of beneficial intestinal flora which promotes a healthy & efficient digestive system.

Citrus Bio-Pectin- A fiber found in all fruits and vegetables. Citrus fruits contain a special pectin that increases fiber intake while it supports the immune system.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



LIQUID FIBER

14 GRAMS OF SOLUBLE FIBER PER SERVING

DIETARY SUPPLEMENT

SUPPORTS DIGESTIVE HEALTH*



16 FLUID OZ | 480 ML

Supplement Facts

Serving Size 2 Tbsp (30 mL)

Servings Per Container 16

Amount Per Serving	% Daily Value*	
Calories	55	
Total Carbohydrate	14 g	5%
Dietary Fiber	14 g	56%
Sugars	1 g	†

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

† Daily Value not established.

Other Ingredients: Purified Water, Polydextrose, Inulin/FOS (from Chicory), Acacia Gum, Maltodextrin, Potassium Sorbate, Natural Flavors, Citrus Bio-Pectin, Citric Acid, Sodium Citrate.

Directions: As a dietary supplement take 1oz (2 tablespoons) daily or as directed by a healthcare practitioner. **Nature's Answer® Liquid Fiber** can be taken "as is" or added to any food or beverage. Always consume adequate amounts of water throughout the day when taking fiber products.

Shake well before use. Refrigerate after opening.

Caution: Consult your healthcare practitioner before use with serious health conditions or if taking prescription medications. Do not use if pregnant or nursing. In case of intestinal discomfort during use, reduce amount or discontinue use of the product. Keep out of reach of children.

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For product information call (800)439-2324

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