

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Consuming a low fat, high fiber diet has positive health benefits. Our **Fiber Complex** includes three sources of fiber, supporting colon health and regularity by adding fiber and bulk to the diet.<sup>†</sup>

WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY

To report a serious adverse event, call 1-888-710-0006

<sup>†</sup>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.

# FIBER COMPLEX

Supports Colon Health and Regularity<sup>†</sup>

Dietary Supplement

100 VEGETARIAN TABLETS



## Supplement Facts

Serving Size 3 Tablets	Servings Per Container 33.3
Amount Per Serving	% Daily Value
Calories 10	
Total Carbohydrates 2 g	
Dietary Fiber 2 g	
Oat Fiber 1,350 mg	*
Guar Gum 450 mg	*
Psyllium Husks 450 mg	*

\* Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), modified cellulose gum, silica, magnesium stearate, (vegetable source).

SUGGESTED USE: Take three tablets, 30 minutes prior to meals with at least 8 oz. of water. Because this product contains fiber, it is recommended to consume adequate fluids throughout the day.

NOTICE: This product should be consumed with at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing.

KEEP OUT OF REACH OF CHILDREN.

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