

On a day to day basis many Americans don't get the fiber they need from the foods they consume. Country Life's DAILY FIBER_X combines Psyllium as well as five other fibers from food sources such as apples, oranges and beets.

*** 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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG **NO** CORN, WHEAT OR SOY
YES CERTIFIED VEGAN BY THE AVA **NO** MILK OR PRESERVATIVES
YES RECYCLABLE PACKAGING **NO** ARTIFICIAL COLORS,
YES MANUFACTURING SUPPORTS FLAVORS OR SWEETENERS
WIND POWER **NO** MAGNESIUM STEARATE
YES KOSHER

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

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

Lot No:

Best by:

This product has been manufactured at a GMP Registered facility.

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Dietary Supplement **180** Vegan Capsules

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

ESTABLISHED
— 1971 —
Country Life

DAILY FIBER_X

Certified
Gluten-Free

- Provides gentle support for gastrointestinal health***
- Specialized complex of Psyllium and 5 other food-sourced fibers

Directions: Adults take two (2) capsules three (3) times daily with a full glass of water. As a reminder, discuss the supplements and medications that you take with your health care providers. This product is not recommended for long term use. Do not exceed recommended dose.

Supplement Facts

Serving Size 2 capsules
Servings Per Container 90

Amount Per Serving	% Daily Value	
Total Carbohydrate	1 g	<1 %*
Dietary Fiber	1 g	4%*
Psyllium Seed Husk Fiber Powder	333 mg	**
Beet Fiber Complex (from beet fiber powder, beet root powder)	206 mg	**
Fennel Seed Powder	205 mg	**
Citrus Pectin Cellulose (from lemon, lime, orange, grapefruit, tangerine) (peel, pulp)	193 mg	**
Orange Peel Powder	133 mg	**
Apple Pectin Powder	100 mg	**
Chicory Root Fiber (inulin)	87 mg	**
Slippery Elm Bark Powder	83 mg	**
Herb Powder Blend	50 mg	**
Peppermint (<i>mentha piperita</i>) (leaf)		
Flaxseed		
Althaea (<i>althaea officinalis</i>) (root)		
Ginger Extract (rhizome) (5% gingerols) (<i>zingiber officinale</i>)	12 mg	**

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

** Daily Value not established.

Other Ingredients: Cellulose (capsule shell), maltodextrin, rice flour. **CAUTION:** Not for use by pregnant or nursing women. If you have gallstones, are taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Manufactured by Country Life, LLC
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Product No. 4611