

Fiber Made Easy

- Simple — just pour and drink
- No mixing, no mess, no hassle
- 5g of fiber per Tablespoon
- Small, potent dose



Dual-Action Blend

- Soluble vegetable fiber for digestive health*
- scFOS® prebiotic fiber for healthy intestinal microflora*

10 Calories per Tablespoon

- Sugar-free (sweetened with stevia)

GLUTEN FREE. No yeast, soy, wheat, eggs, dairy or artificial colors/flavors.

Tamper Evident. Safety sealed with outer shrink-sleeve over bottle cap and printed inner seal. Do not use if either seal is broken, punctured or missing

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

+100 mg fruit powder, juice and extract per Tablespoon

Gluten Free



Sugar Free

Alive!

Liquid Fiber

with **PREBIOTICS**

DIGESTIVE HEALTH*

5g Fiber per Tablespoon

Orchard Fruits™ Blend[‡]

CITRUS FLAVORED

32 SERVINGS • FIBER SUPPLEMENT • NET WT 16 FL OZ (480 ML)

Recommendation: Shake well before use. **For 5 grams of fiber** take 1 Tablespoon (½ ounce or 15 mL). **For 10 grams of fiber** take 2 Tablespoons (1 ounce or 30 mL). May be taken up to 3 times daily. Formulated for adults and children 12 years of age and older. If pregnant, nursing or taking any medications, consult a healthcare professional before use.

Supplement Facts

	1 Tablespoon		2 Tablespoons
Serving Size	½ oz (15 mL)		1 oz (30 mL)
Servings per Container	32		16
Amount Per Serving	% DV		% DV
Calories	10		20
Total Carbohydrate	6 g	2%†	12 g 4%†
Dietary Fiber	5 g	20%†	10 g 40%†
Sugars	0 g	**	0 g **
Soluble Vegetable Fiber (resistant dextrin)	4 g	**	8 g **
NutraFlora® scFOS® (short-chain fructooligosaccharides)	1 g	**	2 g **
Orchard Fruits™ Blend [‡] Fruit Powders (Pomegranate [seed], Plum, Pear, Apple, Strawberry, Açai Extract [whole palm fruit], Grape Juice, Cranberry, Cherry, Blueberry, Apricot, Papaya, Orange, Pineapple)	100 mg	**	200 mg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Purified Water, Natural Flavors, Citric Acid, Potassium Sorbate, Malic Acid, Stevia (leaf) Extract, Xanthan Gum

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Questions? 1-800-9NATURE or naturesway.com