

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†

POMEGRANATE-BERRY 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, Fruit and Vegetable Juice (for color), Malic Acid, Stevia (leaf) Extract, Xanthan Gum

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