

RECOMMENDED ADULT USE: Taken regularly, NutriFi® helps prevent occasional bouts of constipation. Health professionals recommend consuming 25 to 30 grams of fiber daily to promote normal bowel function and regularity. Two daily servings of NutriFi provides eight grams of dietary fiber.*

DIRECTIONS FOR USE: Take one serving with your morning and evening meals. Add one rounded teaspoon to one cup (8 oz.) of liquid. Mix thoroughly until completely dissolved. NutriFi may also be added to hot or cold cereal, casserole, soup, or salad. As your body adjusts to increased fiber intake, you may experience minor changes in bowel habits or temporary bloating. While your body adjusts, reduce NutriFi intake to one serving daily for a few days and gradually increase to the recommended two servings daily.

WARNINGS: Keep out of reach of children. Consult a physician prior to use if pregnant or lactating, or using prescription medication. Discontinue 2 weeks prior to and after surgery. Discontinue use and consult a physician if any adverse reactions occur.

*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.

Do not use if safety seal is broken or missing.
Sold by weight, not by volume.



Nutrifi®

Digestive aid

- helps prevent occasional constipation*
- promotes proper bowel function and regularity*

NET WEIGHT 14.8 oz. (420g)



Nutrition Facts

Serving Size 1 Rounded Teaspoon (7g)
Makes 1 Cup (240mL) Prepared
Servings Per Container 60

	Amount Per Serving	% Daily Value*
Calories	15	
Total Fat	0 g	0%
Sodium	5 mg	0%
Total Carbohydrate	6 g	2%*
Dietary Fiber	4 g	16%*
Sugars	1 g	†
Protein	0 g	0%

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

OTHER INGREDIENTS: Oat Fiber, Maltodextrin, Dextrose (Glucose), Cellulose, Citrus Pectin, Psyllium Fiber, Gum Arabic.



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