

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN  
USE ONLY IF SAFETY SEAL IS INTACT  
PLEASE RECYCLE

**Recommendations:** 1 tablespoon once or twice daily mixed into water, juice, or soft food, or as directed by your healthcare professional.

**Warning:** If pregnant, consult your physician before taking.

Inner seal may lift off when cap is removed. Seal integrity is maintained *until* cap is removed.

CONTAINS NO COATINGS, BINDERS, YEAST, WHEAT, GLUTEN, MILK/DAIRY, CORN PROTEIN, SOY PROTEIN, EGGS, SUGAR, HYDROGENATED OIL, ARTIFICIAL COLORING, ARTIFICIAL FLAVORING OR PRESERVATIVES.

Independently tested for authenticity, potency, heavy metals, solvent residue, herbicide & pesticide residue, aflatoxins, stability and bacteria, yeast and mold counts.



The logo consists of a yellow sun icon with rays above the word 'VITAL' in a large, blue, serif font, with 'NUTRIENTS' in a smaller, blue, sans-serif font below it.  
**VITAL**  
NUTRIENTS

**Whole Fiber Fusion**

DIETARY SUPPLEMENT

**261 GRAMS**

## Supplement Facts

serving size: 1 heaping tablespoon (~8.5 grams)  
servings per container: ~30

|                          | amount<br>per serving | % daily<br>value |
|--------------------------|-----------------------|------------------|
| Dietary Fiber            | 4.75g                 | 19%              |
| Chia Seed Powder         | 4500mg                | *                |
| Flax Seed Powder         | 3000mg                | *                |
| Dried Prune Powder       | 450mg                 | *                |
| Slippery Elm Bark Powder | 300mg                 | *                |
| Marshmallow Root Powder  | 150mg                 | *                |
| Lactobacillus Sporogenes | 60mg                  | *                |
| Papain                   | 45mg                  | *                |

† Percent Daily Values based on 2000 calorie diet

\* Daily Value not established

MADE IN THE USA  
manufactured by  
**VITAL NUTRIENTS**  
45 KENNETH DOOLEY DRIVE  
MIDDLETOWN, CT 06457 USA