

Fiber Choice®

Fruity Bites

Fiber Gummies

- Natural Colors
- Natural Flavors

AGE	SERVING SIZE
13 yrs. to adult	2 gummies (3 g fiber) up to 6 per day
Children (4-12 yrs.)	1 gummy (1.5 g fiber) up to 3 per day
Children under 4 yrs.	Consult your doctor

Supplement Facts

Serving Size: 2 gummies Servings Per Cont.: 45

Amount per Serving	% DV**
Calories 10	
Sodium 10mg	<1%
Total Carbohydrate 4g	2%
Dietary Fiber 3g	12%
Sugars 1g	†

** Percent daily value based on a 2,000 calorie diet.

† Daily value not established.

Ingredients: Inulin (a natural vegetable fiber) Sugar, Water, Pectin, Citric Acid, Sodium Citrate, Natural Flavors (Blue Raspberry, Cherry, Pear), Natural Colors (Black Carrot, Annatto, Genipap Juice Concentrate, Watermelon Juice Concentrate), Vegetable Oil, Carnauba Wax

QUESTIONS? 1-877-553-4237

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100%
Natural Fiber
found in Fruits & Veggies

Fiber Choice®

Prebiotic Fiber Supplement

Fruity Bites

Assorted Natural Flavors

Fiber Choice®

Why is Fiber Choice® a Better Choice?

Fiber Choice® is made of inulin, a 100% natural fiber found in fruits and vegetables. Inulin is a prebiotic fiber, meaning it stimulates the growth and activity of the friendly good bacteria that live in your digestive system.*

Prebiotic Fiber Nurtures Your Digestive Health Naturally*

It keeps food moving through your system, supporting your digestive tract and aiding in regularity.*

Prebiotic Fiber Helps Maintain a Healthy Immune System Naturally*

A healthy digestive tract is vital for a healthy immune system.* Inulin helps keep your digestive tract balanced and the bad bacteria in check.*

Prebiotic Fiber Supports Good, Overall Health Naturally*

Daily intake of fiber is an important part of your overall good health.* Most Americans only get about half of the recommended 25-30 grams of fiber each day. So when you can't get the fiber you need from healthy foods, Fiber Choice® is a simple and tasty way to help close the fiber gap.

To learn more go to **FiberChoice.com**

*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.

Directions: **Adults:** Chew 2 gummies, up to 6 per day (no water required). **Children 4-12:** Chew 1 gummy, up to 3 per day. **Children under 4:** consult a doctor

Warnings Take only as directed. Do not exceed suggested dosage. If you have a medical condition, are on medication or are pregnant or nursing, please seek the advice of a qualified health care professional before using. If minor gas or bloating occurs, reduce daily serving.

Keep out of reach of children.

■ Store at room temperature 20°-25°C (68°-77°F)

■ **Tamper Evident:** This product has a seal under cap. Do not use if broken or missing. Bottle is child resistant. ■ See bottle for lot number and expiration date.

