



**PREBIOTIC FIBER
& PROBIOTIC BLEND**

*Promotes healthy digestive balance**
Dissolves quickly & completely
No taste • No odor • No grit

ON THE GO

30 CONVENIENT PACKETS

DIETARY SUPPLEMENT | NET WT. 6.35 OZ (180G)

**FOR THE WOMAN
ON THE GO**

*Whose Life Is Anything
But Regular*

Welcome to Regular Girl. A synbiotic blend of prebiotic fiber and probiotics that help maintain a healthy balance every day so you can always feel comfortable, in control and radiate confidence.*



**100%
Gluten Free**



**Non-
GMO**



**100%
Natural**



**Low
Calorie**



**100%
Vegan**

Prebiotic Fiber	Probiotics
Regular Girl contains 6 grams of clinically proven Sunfiber®, a perfect food source for the good bacteria in your gut. It moves through your system at just the right pace without the drag of creating excess gas or bloating.*	Regular Girl contains 8 Billion CFU of clinically proven <i>Bifidobacterium lactis</i> that works in harmony with our Prebiotic Fiber, forming a union that maintains regularity and promotes wonderfully balanced intestinal health.*



Supplement Facts

Serving Size: 1 Packet
Servings per Container: 30

	Amount per Serving	% DV
Calories Per Serving	10	
Total Carbohydrates	6 g	2%†
Dietary Fiber:	5 g	20%†
Sugars	<1 g	
Sunfiber® Guar Fiber	6 g	*
Bifidobacterium lactis	8 Billion CFU **	*

† Percent Daily Values are based on a 2000 calorie diet.

* Daily Value Not Established.

**At time of manufacture.

Other Ingredients: None

WARNING: If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use. Do not use if safety seal is broken or missing. Keep out of the reach of children.

Store in a cool dry place.

Recommendations:

As a dietary supplement, mix one packet (6.0g) into 6 - 8 ounces of water or any non-carbonated beverage. May also be added to smoothies, cereals and more.



Packaged in the USA for:
Regular Girl, Minneapolis, MN
www.regulargirl.com
800-735-9731

Sunfiber® is a trademark of Taiyo International, Inc.



*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.