

USAGE: Take 5 capsules in the morning at least 1/2 hour before breakfast with at least 8 oz water. May repeat 5 capsules approximately 2 hours after dinner with a full glass of water. Drink at least 8 glasses of water a day.

NOTE: This product contains senna. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain.** Consult your health professional if you have frequent diarrhea. If you have a medical condition, are pregnant, lactating, or trying to conceive, are under the age of 18, or are taking medications, consult your health care practitioner before using this product.

Fiber Perfect® combines natural dietary fibers, green algae, botanicals, organic acids and the cell wall components of beneficial bacteria into a comprehensive formula to promote intestinal peristalsis (bowel movement), the growth of beneficial intestinal microflora and intestinal detoxification.*

Features:

- Promotes bowel function: Psyllium, inulin-FOS, beet fiber, Nutriose® resistant dextrin (soluble dietary fiber), senna leaf and slippery elm bark.*
- Assists detoxification: Yaeyama chlorella, psyllium, beet fiber, and dandelion.*
- Soothes the digestive tract: Fennel seed, dandelion, ginger root and peppermint leaves.*

Keep out of the reach of children.

* 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.

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Jarrow FORMULAS®

FIBER PERFECT®

IMPROVED
FORMULA

A Perfect Blend

**Dietary Fibers & Botanicals
Friendly Bacteria Metabolites**

**Promotes Healthy Bowel Function
and Detoxification***

**150 Vegetarian Capsules
Dietary Supplement**

Supplement Facts

Serving Size 5 Capsules

Servings Per Container 30

	Amount Per 5 Capsules	% DV
Fiber Blend	2 g	8%
Psyllium (<i>Plantago ovata</i>), Beet fiber (<i>Beta vulgaris</i>), Nutriose® (resistant dextrin), Inulin-FOS (<i>Cichorium intybus</i>)		
Beneficial Bacteria Metabolites	60 mg	*
Metabolin® (Metabolites of <i>Propionibacterium shermani</i>)		
Green Algae	100 mg	*
Yaeyama Chlorella (<i>Chlorella vulgaris</i>)		
Proprietary Blend of Botanicals	360 mg	*
Fennel seed (<i>Foeniculum vulgare</i>), Senna leaf extract (<i>Cassia angustifolia</i>), Ginger root (<i>Zingiber officinale</i>), Slippery elm bark (<i>Ulmus rubra</i>), Dandelion root (<i>Taraxacum officinale</i>), Peppermint leaf (<i>Mentha piperita</i>).		

* Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

Contains: Soy.

No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and FormulationSM

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Lot #. Best Used Before:

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