

OPTIFIBER™ is a natural soluble dietary fiber. Unlike other fiber supplements OPTIFIBER™ quickly dissolves in hot or cold beverages and soft foods.

It's Flavor-Free, Non-Thickening, Non-GMO, Sugar-Free, and Grit-Free.

Measured Scoop Included

OPTIFIBER™ is versatile; it can be mixed into your coffee, tea, juice or any non-carbonated hot or cold beverage.

Be creative; add OPTIFIBER™ to any soft food such as puddings, yogurt, applesauce or oatmeal.



KIRKLAND
Signature

**COMPARE TO
BENEFIBER®†**

ITM. / ART. 667865

OPTIFIBER™

Natural Fiber Supplement

Flavor Free - Sugar Free

- ✓ Dissolves Completely In Water
- ✓ Non-Thickening
- ✓ All Natural Ingredients

**200
SERVINGS**

NET WT. 730 g (1.6 LB) 25.6 OZ



Dietary Supplement

*Dietary fiber is an important part of a healthy diet and supports a healthy digestive system.***

With OPTIFIBER™ adding beneficial fiber to your diet has never been easier!

- **NO PRESERVATIVES ADDED**
- **NO LACTOSE**
- **NO ARTIFICIAL COLOR OR FLAVOR**
- **NON-GMO**

SUGGESTED USE: Stir two (2) teaspoons (1 scoop) of OPTIFIBER™ into at least 4 oz of any non-carbonated beverage or soft food. Stir until dissolved.

Adults and children 12 and over:
Not to exceed 5 servings per day.

Children 7 -11 years of age:
Not to exceed 3 servings per day.

Children under 6 years of age:
Consult your doctor before use.

†This product is not manufactured or distributed by NOVARTIS CONSUMER HEALTH S.A. Benefiber® is a registered trademark of NOVARTIS CONSUMER HEALTH S.A.

**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 2 tsp (1 scoop) (3.5g)
Servings Per Container 200

Each Serving Contains	%Daily Value
Calories 15	
Sodium 0 mg	0%
Total Carbohydrate 4 g	1%*
Dietary Fiber 3 g	12%*
Soluble Fiber 3 g	**
Sugars 0 g	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

INGREDIENT: Wheat Dextrin.

Contains wheat ingredients

Less than 20 ppm gluten

Distributed By: Costco Wholesale Corporation
P.O. Box 34535, Seattle, WA 98124-1535 USA • www.costco.com

Product of France

The Academy of Nutrition and Dietetics recommends a healthy diet including 25-38 grams of fiber per day.

CAUTION: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Keep out of the reach of children.

Store at room temperature, tightly closed. Avoid excessive heat.

Packaged by weight, not volume. Contents may settle during shipping and handling. Contains no fillers or additives.

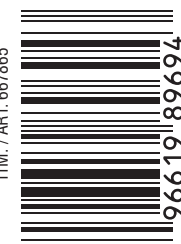
FRESHNESS AND POTENCY GUARANTEED THROUGH: SEE BASE

VITAMIN INFOLINE 1-800-433-1213

**IMPORTANT: TAMPER-EVIDENT SEAL UNDER CAP.
DO NOT USE IF PRINTED SEAL IS BROKEN OR MISSING.**

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