

For more information, please visit
integrativepro.com.

Recommendation: For 14 days, take 4 capsules
in the morning and 4 at night with at least eight
ounces of water. Or, may be taken as 8 capsules
at night with at least eight ounces of water, or as
recommended by your healthcare professional. For
more information, see enclosed guide.

Contains no sugar, salt, yeast, soy, dairy products, artificial
colors, flavors, preservatives or ingredients of animal origin.

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◆ LZ78457.A03 BLK845A



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.



FIBER FORMULA

112 VEG CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 8 capsules

Servings per container 14

Amount per 8 capsules		%DV
Calories	15	
Total Carbohydrate	4 g	1%†
Dietary Fiber	4 g	16%†
Soluble Fiber	2 g	**
Insoluble Fiber	2 g	**
Proprietary Fiber Blend: Psyllium (<i>Plantago ovata</i>) seed husk, Oat (<i>Avena sativa</i>) hull, Guar gum (<i>Cyamopsis tetragonoloba</i>) seed, Marshmallow (<i>Althaea officinalis</i>) root extract and Pectin (from citrus fruit)	3.45 g	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: cellulose, hydroxypropyl methylcellulose (vegetable capsule), magnesium stearate, silicon dioxide

Contains wheat.

Warning: Take this product with at least a full glass of liquid. Taking without adequate liquid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting or difficulty swallowing or breathing after taking this product, seek immediate medical attention. If pregnant, nursing or taking prescription drugs, consult your healthcare professional prior to use.