

90 TABLETS

Dietary Supplement

Fiber Essentials

Total Health
Support*

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

| Amount Per Serving | % Daily Value** |
|-----------------------------|-----------------|
| Calories | 25 |
| Total Carbohydrates | 9 g 3% |
| Dietary Fiber | 4 g 16% |
| Sugars | 0.5 g † |
| Sugar Alcohols | 4 g † |
| Other Carbohydrates | 0.5 g † |
| Calcium (naturally present) | 20 mg 2% |

Proprietary Fiber Blend

4.617 g
Psyllium husk powder (hulls), Apple Pectin, Grapefruit Pectin, Oat bran (hulls)

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: SORBITOL, XYLITOL, MALTODEXTRIN (FROM CORN), STEARIC ACID VEGETABLE GRADE, MICROCRYSTALLINE CELLULOSE, GRAPE JUICE POWDER, DEXTROSE, BLUEBERRY FRUIT POWDER, MAGNESIUM STEARATE VEGETABLE GRADE, SODIUM CITRATE, RASPBERRY FRUIT POWDER, ACAI BERRY POWDER, BEET JUICE POWDER (NATURAL COLOR), SILICON DIOXIDE, STEVIA REBAUDIANA LEAF EXTRACT, NATURAL FLAVORS (MIXED BERRY AND STRAWBERRY), TRIACETIN, MODIFIED CORNSTARCH, PROPYLENE GLYCOL, VEGETABLE GLYCERIN. DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC. 3401 W. 37TH AVE. HOBART, IN 46342

Suggested Use: Chew 3 tablets daily, with a meal, as a dietary supplement, or as directed by a physician.

Warning: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

For your protection, this container has an outer safety seal.
(Do not accept if missing or broken.)

Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com



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