

# FIBER PLUS PRODUCT INFO SHEET



## Description

Fiber Plus contains a blend of soluble and insoluble fiber.

## Ingredients

It is very common for the American diet to be very low in fiber. The lack of proper fiber may lead to digestive and colon discomforts. Fiber plus was developed for long-term use. Our blend of natural ingredients is specially formulated to be safe and effective, providing just the right amount of bulk fiber for normal digestive system function.

## Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 90

	Amount Per Serving	% Daily Value
1 capsule contains		
Proprietary Blend	750 mg	
Psyllium Seed Husks		*
Psyllium Seeds		*
Rice Bran		*
Apple Pectin		*
Fig Fruit		*
Prune		*
Lactobacillus Acidophilus		*

\* % Daily Value not established

Other Ingredients: Natural vegetable capsules. This product may contain one or more of the following: Ascorbyl Palmitate, Magnesium Stearate, Microcrystalline Cellulose, and Silicon Dioxide.

## Dosage

**SUGGESTED USE:** As a dietary supplement, 4-8 capsules per day with at least 8 oz of liquid or as recommended by your health care professional.

## Contraindications

*Do not use without approval of your health care professional if pregnant. Powder: Take this product as recommended. Without drinking enough liquid the product may swell in throat, causing blockage or choking. Avoid use when history of esophageal narrowing or swallowing difficulties. Seek immediate medical help if symptoms of esophageal blockage (chest pain/pressure, regurgitation or difficulty swallowing) occur. May cause allergic reaction in persons sensitive to inhaled or ingested Psyllium.*

*These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.*