

Ultimate Fiber™

7.9 oz (225 grams) powder

Item Catalog Number: 9010

- Ultimate Fiber® is an important part of the internal Cleanse Platform.
- Ultimate Fiber contains F.O.S. for the proliferation of the beneficial bacteria in your intestinal system.*
- Ultimate Fiber does not swell, gel or bind up like most other fiber supplements. It gently cleanses and nourishes the colon.*
- Ultimate Fiber was designed with the fiber sensitive individuals in mind.

Many researchers recommend that adults consume 25-35 grams of dietary fiber per day. 2 tablespoons of Ultimate Fiber is the perfect way to help ensure that you are getting enough daily fiber.

Supplement Facts

Serving Size 1 tablespoon (7 g)

Servings Per Container 32

Amount Per Serving

Calories	25
Total Carbohydrate	5 g
Dietary Fiber	4 g
Proprietary Blend	7.00 g

Psyllium Husk (seed kernel)

Marshmallow (root)

Slippery Elm (bark)

Lactobacillus Acidophilus (Dairy Free)

FOS (fructooligosaccharides)

Other ingredients: rice powder and natural flavor.

Dosage and Use

- As a fiber supplement, adults and children 12 years of age and over: Mix one tablespoon in at least 8 ounces (a full glass) of juice or water twice a day.
- Taking this product without enough liquid may cause choking.
- Drink 8 to 10 glasses of water daily.

Caution

Consult your physician if you have frequent diarrhea, or if you are pregnant, nursing, taking medication, or have a medical condition. Do not take this product if you are allergic to psyllium or if you are experiencing acute abdominal pain, nausea, or vomiting. Although this product does not swell like most other fibers, taking any fiber product without adequate fluid may cause it to swell and block your throat or esophagus and cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting or difficulty in breathing after taking this product, seek immediate medical attention.