

Fiber Delights® Chocolate Flavor

60 chewable tablets

Item Catalog Number: 9022

Most Americans consume only about half of the recommended fiber intake each day. Fiber Delights® are great-tasting, convenient way to get your daily fiber. Not only does it help promote and maintain regularity, it also helps support a healthy immune system, and promotes healthy cardiovascular function.* And best of all, you get natural fiber without heaving to swallow a gritty drink mix. Delicious Fiber Delights are convenient, chewable tablets you can take anywhere. Also available in vanilla flavor.

Supplement Facts

Serving Size 2 tablets

Servings Per Container 30

Amount Per Serving

Calories	15
Total Carbohydrate	5 g
Dietary Fiber	4 g
Sugars	2 g
Proprietary Fiber Blend	4.4 g

enriched inulin fiber (inulin and fructooligosaccharides (FOS) from chicory root) and oat (*Avena sativa*) bran fiber.

Other ingredients: fructose, cocoa bean powder, stearic acid, natural flavors, and lecithin.

Contains no salt, east, wheat, corn, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin. This product contains natural ingredients; color variations are normal.

Dosage and Use

- Two chewable tablets daily, with or without water.
- To achieve maximum benefits, begin with only one tablet each day for the first week, and increase to two tablets daily thereafter.
- If additional fiber intake is desired, slowly increase to six to eight tablets daily.
- Individual responses may vary due to physiological differences and the amount of fiber already present in the diet.

Caution

If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use.

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