

Apple Pectin Powder

227 grams

Item Catalog Number: 00105

Apple pectin is a water-soluble fiber that helps maintain glucose and cholesterol levels already within normal range.³⁹⁻⁴⁴

References

Supplement Facts

Serving Size 1 level teaspoon (approximately 2.8 g)

Servings Per Container approximately 80

Amount Per Serving

Total Carbohydrates	2.8 g
Fiber	2.2 g
Apple Pectin Fiber	2.8 g

Other ingredients: none.

Contains corn. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or rice. Contains NO artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Use one level teaspoon mixed in at least ten ounces of water before meals, or as recommended by a healthcare practitioner.
- Drink the solution rapidly.
- You may wish to follow with another glass of water.

Caution

To avoid choking, make sure to take plenty of water or other liquid with fiber. Not doing so may result in intestinal pain or blockage. If suffering from hemorrhoids, care should be taken. Do not use fiber supplements if you have difficulty swallowing, nausea, vomiting, or if abdominal cramps, flatulence, and diarrhea are present. A potential side effect from any fiber product is gas and bloating.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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