

*Compare to the Amount of Soluble Fiber
in Benefiber®

Supplement Facts	
Serving Size: 2 tsp (3.8g)	
Servings Per Container: 125	
Amount Per Serving	% DV*
Calories 15	
Sodium 0mg	0%
Total Carbohydrate 4g	1%*
Dietary Fiber 3g	12%*
Soluble Fiber 3g	†
Sugars 0g	†
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	
† Daily Value not established.	

INGREDIENTS: Dextrin

Gluten Free (less than 10ppm gluten)

Store at controlled room temperature 20–25°C (68–77°F).
Protect from moisture.

Use within 6 months of opening.

Packaged by weight, not volume. Contents may settle during shipping and handling.

KEEP OUT OF REACH OF CHILDREN.

If you are pregnant or nursing a baby, ask a health professional before use.

Product may contain dark specks due to the processing of the natural ingredient.

DO NOT USE IF PRINTED INNER SEAL IS BROKEN OR MISSING

Questions or comments?
1-866-467-2748

Distributed by:

Clear Soluble Fiber Powder

100% Natural Fiber Supplement

- Makes Taking Fiber Easier
- Sugar-Free and Flavor-Free
- Non-Thickening and Grit Free
- Great for Cooking
- Dye-Free

*Dissolves completely in
beverages and soft foods!*

125 Servings
NET WT 16.7 OZ (475g)

This product provides an easy, convenient way to add fiber to your diet.
This fiber supplement dissolves instantly and completely in water to provide a great-tasting fiber drink.

This product is not gritty and does not gel.
So relax and enjoy your fiber-rich beverage.

Directions for use: Stir 2 level teaspoons (tsp.) of powder into 4–8 oz of water until dissolved.

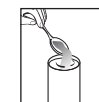
See dosage chart below to determine your correct dose.

Age	Dosage	
12 yrs. and above	2 teaspoons	3 times daily ¹
6–11 yrs.	1 teaspoon	3 times daily ²
Under 6 yrs.	Ask your doctor before use	

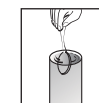
¹Not to exceed 6 tsp. per day

²Not to exceed 3 tsp. per day

Warning: Not recommended for carbonated beverages.



1. Add the appropriate dose to at least 4 oz. of a beverage or soft food.



2. Stir until dissolved and enjoy.

* This product is not manufactured or distributed by Novartis Consumer Health, Inc., owner of the registered trademark Benefiber®.



LOT:

EXP:

UNVARNISHED AREA

Product Code: 523125
Product Name: Clear Soluble Fiber Powder
Compare to the Amount of Soluble Fiber in Benefiber®*
Size/Count: NET WT16.7 OZ (475g)

10.625 in x 6.125 in

Prepared By/Date _____

Reviewed By/Date _____

Approved By/Date _____