

# FibeRich

**Directions for Use:**  
1 - 3 scoops (each scoop is approx. 13 grams) of FibeRich once a day. Mix 1 scoop in 250 ml of water, juice or milk as desired and consume. Do not exceed 3 scoops of FibeRich per day.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

It's well known that consuming a diet high in fiber has many health benefits and that the majority of us do not consume an adequate amount. Most of us do not eat enough fruits, vegetables or whole wheat to consume the recommended amount of fiber in our diet. Low fiber intake is associated with gastrointestinal problems, weight gain, constipation and a host of other problems.



Every serving of specially formulated FibeRich contains more than 6 grams of dietary fiber and is a rich source of Vitamin C. FibeRich aids in improving overall digestive health and maintaining regularity and a healthy bowel, alleviating such ailments as diarrhea, constipation and abdominal discomfort.



FibeRich is a fast and convenient way to add natural fiber to your diet. It also contains 8 billion compound high-density Probiotics including *L. rhamnosus*, *L. acidophilus*, *B. longum* and *B. bifidum* which protects your digestive tract and can help your body to better absorb vitamins, minerals and nutrients, leading to better health.

