

CLEARLY FIBER[™]

A Gritless, Tasteless, Easy-to-Mix Fiber Supplement for Gut & Heart Health

- No lumps or grit
- Tasteless
- Mixes smoothly
- Can be used in baked goods
- Ideal for children and adults who need more fiber*
- Won't cause gas or bloating*

Tired of thick, gritty fiber supplements that taste like cardboard? Clearly Fiber[™] contains Fibersol[®]-2, a soluble dietary fiber that dissolves rapidly and has a delightful consistency, unlike many other fiber supplements. Mix it instantly into hot or cold beverages. You can even bake or cook with it!

Only 1 in 20 Americans consume the amount of fiber recommended by the American Heart Association Science Advisory, with most ingesting less than half of our ideal intake. For some, low fiber intake may be intentional, as too much of the wrong kind can cause gas and uncomfortable bloating. Thanks to Clearly Fiber[™], it doesn't have to be that way.*

Get the Benefits of a Plant-Based, Fiber-Rich Diet*

Clearly Fiber[™] is a soluble fiber supplement. Unlike insoluble fiber (known as "bulking fiber"), soluble fiber absorbs water in the intestines, forming an expanding gel that creates a feeling of fullness while providing many of these health benefits for the body.*

- Promotes friendly gut bacteria that produce vitamins and other helpful substances*
- Maintains cholesterol, triglycerides, and blood sugar levels in the normal ranges*
- Helps to slow and regulate the passage of food during digestion, optimizing nutrient absorption*
- Supports regularity and a healthy digestive tract*

The friendly bacteria in your intestines love soluble fiber. With it, they produce a number of beneficial substances, such as vitamins and short-chain fatty acids (SCFAs). One well-known SCFA, butyrate, is essential for gut health.* Butyrate helps produce energy for gut cells, strengthens the gut lining, and balances the immune system.*

Clearly Fiber for All-Around Health Support*

The gut microbiome functions like a vital organ, with core functions of immune system regulation, appetite control, maintaining healthy body weight, and gut support. In addition to feeding friendly gut bacteria, fiber delivers cardiac and metabolic benefits, too.* Boost your fiber intake and reap the health benefits without the gas and bloating seen with many other fiber supplements.*

Clearly Fiber[™] is Recommended for:

- Occasional bowel discomfort or irregularity*
- Occasional loose stools*
- Diets low in fruits, vegetables, and grains*
- Poor appetite control*
- Supporting cardiovascular health *

Suggested Use: As a dietary supplement, mix 5.85 g (approximately 1 scoop) in any hot or cold liquid or food, 1 - 3 times daily, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 1 Scoop (5.85 grams)
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories 20	
Total Carbohydrates 6 g	2%†
Dietary Fiber** 5 g	18%†
Digestion Resistant Maltodextrin (Fibersol[®]-2 brand) 5.85 g	
	*

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: none.

**Dietary fiber from digestion resistant maltodextrin was tested using AOAC method #2001.03. Alternatively, AOAC method 2009.01 could be used.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

VEGETARIAN / GLUTEN FREE

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Clearly Fiber[™] is a trademark of FoodScience[®] LLC

*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.

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