

Ultra-Fiber Balanced Fiber Supplement Facts (48/63-B4RC, 0711)

SUPPLEMENT FACTS		
Serving Size: 4 Caplets		
Servings per package: 21		
	Amount Per Serving	% Daily Value††
Calories	10	
Total Carbohydrates ‡	3g	1%
Dietary Fiber	3g	10%
<small>(As natural chicory fiber, citrus fiber, microcrystalline cellulose from natural plant sources, oat bran fiber, prune fiber, apple fiber and psyllium fiber)</small>		
Insoluble Fiber	1.5g	5%
Soluble Fiber	1.5g	5%
† Not a significant source of sugars or digestible carbohydrates. Total carbohydrates is a calculation that reflects non-digestible dietary fiber.		
†† Percent Daily Values are based on a 2,000 calorie diet.		

OTHER INGREDIENTS: Pharmaceutical glaze, vegetable stearine, caramel, talc and carmine.

DIRECTIONS: As a daily dietary supplement, swallow 2 – 4 ULTRA-FIBER Caplets with a full glass of water before or with meals (3 times daily). Swallow whole. Do not crush or chew. **NOTE:** ULTRA-FIBER Caplets are intended for use by normally healthy adults only as a daily fiber supplement to a well balanced daily diet which includes fresh fruits, vegetables and whole grains. **To report side effects or to obtain product information, contact 1-800-792-2582.**