

FIBER-TASTIC



A Great-Tasting Daily Fiber Supplement that Supports Regular Bowel Elimination & Overall Health*

- Ideal Source of Fiber for the Whole Family
- Delicious, Natural Fruit Flavor
- Easy to Mix in Beverages & Food
- More than 20 Fruits & Vegetables in Every Scoop
- Promotes Healthy Bowel Function & Regularity*
- Psyllium-Free to Prevent Gas & Bloating
- Only 20 Calories per Serving
- Natural Balance of Soluble & Insoluble Fiber

Experts agree that a diet high in fiber provides numerous health benefits for the whole body, including healthy digestive function, heart health, weight loss and healthy detoxification. However, getting enough fiber through diet alone can be a challenge for families on the go.

Fiber-Tastic! is a delicious and convenient way for kids and adults to enjoy the health-promoting benefits of fiber without all the fuss. Sourced from more than 20 naturally-nutritious fresh fruits and vegetables, Fiber-Tastic! is a perfectly balanced daily fiber supplement packed with antioxidants and beneficial phytonutrients.

Simply stir Fiber-Tastic! into water, juice and other beverages, or add a delicious burst of fruit flavor to yogurt, smoothies, oatmeal or cereal. Because Fiber-Tastic! is psyllium free, it won't cause the gas, bloating and abdominal discomfort often experienced when taking psyllium-based fiber supplements.

Supplement Facts		
Serving Size: 1 Scoop (approx. 8g)	Servings per Container: About 30	
	Amount per Serving	%DV**
Calories	20	
Calories from Fat	5	
Total Fat	0.5 g	1%
Total Carbohydrate	6 g	2%
Dietary Fiber	4 g	16%
Soluble Fiber	2 g	***
Insoluble Fiber	2 g	***
Other Carbohydrate	1 g	***
Protein	1 g	2%
Fiber-Tastic Blend	6,400 mg	***
Acacia fiber, apple fiber, rice bran, chia seed		
Fruit-Tastic Blend	200 mg	***
Prune, blueberry, apple, grape, grapefruit, orange, pineapple, lemon, lime, cherry, watermelon, pear, mango, strawberry, papaya, tangerine, apricot		
Veggie-Tastic Blend	350 mg	***
Barley malt powder, green tea extract leaf, wheat grass, barley grass, beet root, broccoli sprout, carrot, spinach, chlorella, spirulina		
Stevia Extract leaf	65 mg	***
Cellulase 750 CU	5 mg	***

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
 *** Daily Value not established Not a significant source of saturated fat or cholesterol.

Other Ingredients: Natural flavors, citric acid

Directions: Add one scoop of powder into 8 to 10 ounces of water, juice or soft foods (scoop supplied).

WARNING: Consult your physician before using this or any product if you are pregnant, nursing, trying to conceive, taking medication or have a medical condition. **Notice:** Using this supplement without at least a full glass of liquid may cause choking. Do not use this supplement if you have difficulty in swallowing, acute cough or obstructed bowel.



Fiber-Tastic! was formulated by Brenda Watson, C.N.C., president of ReNew Life Formulas and the founder of natural healthcare clinics specializing in digestive care.



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