

- 100% natural acacia fiber
- 4 grams of fiber per serving
- Great chocolate taste
- The perfect “on-the-go” fiber wafer
- Great way to add extra fiber to your diet



In addition to its role in healthy bowel function, a diet high in fiber offers countless health benefits. Increasing your daily fiber intake may help lower cholesterol, support healthy blood pressure, and even help eliminate harmful toxins from the body. And because fiber helps maintain healthy blood sugar, it also plays a key role in appetite control and healthy weight management. High-fiber foods add bulk to the diet, helping you feel full longer after eating. Plus, research shows that fiber works in the body to help eliminate unused calories. Using a proven formula based on eating at least 35 grams of fiber every day, Brenda Watson C.N.C. created the Fiber35 Diet to help you achieve your weight loss goal and improve your overall health.

Because today’s on-the-go lifestyle doesn’t always leave time or resources for healthy snacking, each Fiber Chew contains 2 grams of natural acacia fiber in a convenient, bite-size wafer. Perfectly portable for busy schedules, each decadent chocolate chew is a deliciously easy way to get back on track with your healthy eating regimen. Whenever you want a boost in fiber, simply enjoy a Fiber Chew.*

Fiber Chews - Chocolate

Directions: Chew two (2) wafers daily. For additional fiber intake, gradually increase to 6 to 8 wafers as needed.

Supplement Facts		
Serving Size: 2 Wafers	Servings per Container: 30	
	Amount per Serving	%DV**
Calories	30	
Total Carbohydrate	6 g	2%
Dietary Fiber	4 g	16%
Soluble Fiber	4 g	***
Sugars	2 g	***
Acacia Fiber	4.5 g	***
Stevia	20 mg	***

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
*** Daily Value not established

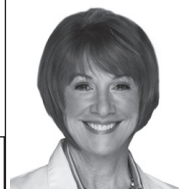
Other Ingredients: Xylitol, cellulose, low-glycemic beet sugar, vegetable stearine, natural chocolate flavor, vegetable stearate and silica

WARNING: Consult your physician before using this or any product if you are pregnant, nursing, taking medication or have a medical condition. **Notice:** This fiber product should be consumed with at least 8 ounces of purified water or juice. Consuming this product without enough liquid may cause choking. Do not consume fiber supplements if you have difficulty swallowing.



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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.



Fiber Chews were formulated by natural health and nutrition expert Brenda Watson, creator of The Fiber35 Diet and president of ReNew Life Formulas.