

# Fruit & Veggie Fiber

- Natural fruit and vegetable fiber
- Great-tasting berry flavor
- Mixes well in water or juice
- 4 grams of fiber in each serving
- 50/50 ratio of soluble and insoluble fiber
- Made with over 20 fruits and veggies



In addition to its role in healthy bowel function, a diet high in fiber offers countless health benefits. Increasing your daily fiber intake helps maintain healthy cholesterol levels, 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.

The Fiber35 Diet Fruit & Veggie Fiber is a nutrient-dense formula made with more than 20 different fruits and vegetables. Each serving provides a 50/50 blend of soluble and insoluble fiber. Soluble fiber dissolves in water and leaves the stomach slowly, absorbing harmful toxins along the way.\* Insoluble fiber adds bulk or roughage, and helps sweep the colon free of debris. Added cellulase helps to digest the fruits and veggies.\*

Choose Fruit & Veggie Fiber whenever you want to enjoy the remarkable benefits of whole-food nutrition. Mix it with water or with your favorite beverage for a nourishing boost, or to add a delicious hint of fresh berry flavor to everything from yogurt and smoothies to oatmeal and cereal.

## Fruit & Veggie Fiber

### 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%
<b>Fiber Blend</b>	6,400 mg	***
Acacia fiber, apple fiber, rice bran, chia seed		
<b>Fruit Blend</b>	200 mg	***
Prune, blueberry, apple, grape, grapefruit, orange, pineapple, lemon, lime, cherry, watermelon, pear, mango, strawberry, papaya, tangerine, apricot		
<b>Veggie Blend</b>	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 cold 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.



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Fruit & Veggie Fiber was formulated by natural health and nutrition expert Brenda Watson, creator of The Fiber35 Diet and president of ReNew Life Formulas.

\*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.