

Sprinkle Fiber™

Mix-in or Sprinkle-on Table Fiber

- Flavor-free
- Dissolves completely
- Non-thickening, grit-free
- 100% natural acacia fiber
- 5 grams of fiber per serving
- Mix in liquids and sprinkle on soft foods
- Great way to add fiber to your daily diet
- Convenient dual lid for shaker or spoon

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.

The Fiber35 Diet Sprinkle Fiber is made from 100% acacia, an all-natural soluble fiber. Sprinkle Fiber is a flavor-free table fiber that dissolves completely in liquids and soft foods.

Whenever you want to boost your fiber intake, simply stir it into a glass of water or your favorite beverage, or sprinkle it into soups, stews and pasta sauces.* Sprinkle Fiber won't thicken or become gritty like some other products, and you can add it to any food without altering the original texture or flavor. Reaching your daily goal of 35 grams of fiber has never been easier!



(9.9 oz)

(5.3 oz)

Sprinkle Fiber

Supplement Facts

Serving Size: 1 level tablespoon (5.6 g)
Serving per Container: approx. 27

| | Amount per Serving | % DV** |
|---------------------|--------------------|--------|
| Calories | 20 | |
| Total Carbohydrates | 5 g | 2% |
| Dietary Fiber | 5 g | 20% |
| Soluble Fiber | 5 g | *** |
| Acacia Fiber | 5.6 g | *** |

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

Directions: For best results, mix one tablespoon (5.6 g or approximately 5 sprinkles) of Sprinkle Fiber into 4 to 8 ounces of liquid or soft food up to three times daily. Stir until dissolved. Not recommended for carbonated beverages.

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.



9.9 oz size



5.3 oz size



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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.



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