



# FIBER SMART™

Advanced daily fiber formula with added ingredients for healthy bowel function\*

- 100% organic flax fiber with probiotics, FOS & L-Glutamine
- Specially formulated for sensitive colons
- Helps relieve occasional irritable bowel\*
- Helps relieve occasional gas and bloating\*
- Promotes bowel regularity\*
- Psyllium-free to help prevent gas, bloating and cramping

FiberSMART™ is a convenient daily fiber supplement made with organic flax fiber and specially formulated for those with sensitive colons.

The natural ingredients in FiberSMART provide powerful relief for occasional gas, bloating, constipation and irritable bowel.\* Added probiotics, L-glutamine, FOS and soothing herbs promote overall digestive health and help maintain a healthy balance of intestinal flora.\* Fiber also helps to absorb and eliminate toxins from the digestive tract, making FiberSMART ideal for use during an herbal cleansing program.\*

## FiberSMART - Powder Available in 8oz and 12oz

Supplement Facts		
Serving Size: 1 Scoop (7.5g)		
	Amount per Serving	%DV**
Calories	25	
Calories from fat	5	
Total Fat	0.5 g	1%
Total Carbohydrate	3 g	1%
Dietary Fiber	3 g	12%
Soluble Fiber	1 g	***
Insoluble Fiber	2 g	***
Protein	2 g	4%
<b>Proprietary FiberSMART Blend</b>	7,500mg	
Organic Flax seed	***	
Guar Gum seed	***	
L-Glutamine	***	
FOS (Fructooligosaccharide)	***	
<b>Proprietary Probiotic Blend</b>	***	
(L.acidophilus, B.bifidum, B.infantis) 900 million CFU†		
Fennel seed	***	
Marshmallow root	***	
Slippery Elm bark	***	
Triphala (Blend of Amalaki, Bibhitaki and Haritaki)	***	
Stevia Extract leaf	***	

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*\* Daily Value not established  
† At time of manufacture

Other Ingredients: None.

**Directions:** Take one scoop in 8 ounces of water or juice in the morning. May be repeated at midday and in the evening. Drink plenty of water while using this product.

**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:** This fiber blend should be consumed with a full glass of water or juice. Consuming this product without enough liquid may cause choking. Do not consume this fiber supplement if you have difficulty swallowing.

## FiberSMART - Capsules Available in 120ct and 200ct

Supplement Facts		
Serving Size: 4 Capsules		
	Amount per Serving	%DV**
Calories	15	
Calories from fat	0	
Total Fat	0 g	
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	4%
Soluble Fiber	.25 g	***
Insoluble Fiber	.75 g	***
Protein	1 g	2%
<b>Proprietary FiberSMART Blend</b>	3,200 mg	
Organic Flax seed	***	
L-Glutamine	***	
Guar Gum seed	***	
FOS (Fructooligosaccharide)	***	
<b>Proprietary Probiotic Blend</b>	***	
(L.acidophilus, B.bifidum, B.infantis) 400 million CFU†		
Fennel seed	***	
Marshmallow root	***	
Slippery Elm bark	***	
Triphala (Blend of Amalaki, Bibhitaki and Haritaki)	***	

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*\* Daily Value not established  
† At time of manufacture

Other Ingredients: Vegetable capsule (vegetable fiber and water)

**Directions:** Take 4 capsules in the morning with 8 ounces of water. May be repeated at midday and in the evening. Drink plenty of water while using this product.

**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:** This fiber blend should be consumed with a full glass of water or juice. Consuming this product without enough liquid may cause choking. Do not consume this fiber supplement if you have difficulty swallowing.



FiberSMART was formulated by Brenda Watson, C.N.C., president of ReNew Life Formulas and the founder of natural healthcare clinics specializing in internal cleansing and detoxification.



\*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.



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