

Helps promote regularity*

Scientific research shows the importance of sufficient dietary fiber intake. Typically, Americans consume only about half the Daily Value of fiber, which is 28 grams a day for a 2,000 calorie diet. Shaklee makes it easy for you to meet all your daily fiber needs by offering two fiber products to choose from: Shaklee Fiber Plan Tablets and Shaklee Fiber Plan Unflavored.

Shaklee Fiber Plan Unflavored is a good source of high-quality dietary fiber and an excellent source of Vitamin C with 10 calories per serving.

•**GLUTEN FREE**

Seal under cap for your protection.
See bottom for exp. date.

NQ082A



+Fiber

Shaklee Fiber Plan® Powder

Unique blend of natural
plant fiber sources

Unflavored, provides
4 grams of dietary fiber

DIETARY SUPPLEMENT

NET WT. 10.6 OZ. (300 g)



Supplement Facts

Serving Size: 2 Teaspoons (5 g)
Servings Per Container: 60

	Amount Per Serving	% DV
Calories	10	
Total Fat	0 g	0%**
Total Carbohydrate	5 g	2%**
Dietary Fiber	4 g	14%**
Protein	0 g	
Vitamin A	0 mcg	0%
Vitamin C (ascorbic acid)	48 mg	53%
Calcium	0 mg	0%
Iron	0.5 mg	3%
Sodium	15 mg	1%

**Percent Daily Values (DV) are based on a 2,000 calorie diet.

OTHER INGREDIENTS: PSYLLIUM HUSK, PECTIN,
GUAR GUM, LOCUST BEAN GUM, MALTODEXTRIN.

Distributed by Shaklee Corporation
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Product questions: 925.734.3638



No artificial flavors, sweeteners,
colors, or preservatives added.

Item #20307

DIRECTIONS: Mix 2 teaspoons with 8 fluid ounces of water, orange juice, another fruit juice, or your favorite Shaklee drink product. Stir briskly until dissolved and drink immediately. Or stir into any flavor of nonfat yogurt. Store in a cool, dry place.

If your diet is low in fiber, increase fiber gradually to avoid minor gas or bloating, which is sometimes associated with high fiber intake. If these conditions do occur, simply reduce the amount you consume until the symptoms subside and then gradually increase your consumption again.

Manufactured in a facility that may also process tree nuts, milk, and soy.
Product sold by weight only, not by volume.
Settling will occur in shipping and handling.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.