

### Boost Your Fibre, Naturally— With 11 Whole-Food Sources!

- A beneficial blend of soluble and insoluble Fibre, with 6g per serving
- Supports digestion, heart health & regularity
- Versatile and easily mixes into drinks and recipes



#3707 - 22.2 oz.  
(30 servings)

Support heart, gut health, and digestion with All Natural Fibre Food & Drink Mix. This versatile blend of 11 natural, whole-food sources delivers 6g of Fibre per serving—equal to 2 cups of sliced apples. With 5g insoluble and 1g soluble Fibre, it promotes regularity and mixes seamlessly into drinks and recipes for an easy, delicious Fibre boost.

- Complete Fibre: 11 natural, whole-food sources, including oats, fruits, and legumes, delivering both soluble and insoluble Fibre.
- Nutrient-Rich: Provides cellulose, hemicellulose, gum, lignin, and pectin—5 key types of dietary Fibre.
- Concentrated & Delicious: Each serving delivers 6g of Fibre, plus added protein, fructose, and complex carbs for taste and smooth texture.
- Exclusive Neo-Polyfibe: Features soy polysaccharide (the 'cellular matrix' of the soybean heart), specially selected oat, and acerola cherry Fibre to help absorb cholesterol and carry it out of the body without depleting nutrients.
- Versatile & Convenient: Enjoy alone, with water, or mixed into your favorite recipes for a Fibre boost, including Neolife smoothies, oatmeal, soup, baked goods, and more.
- No Added Sucrose. Wholesome taste that blends well with other foods and beverages. Contains naturally derived flavors from fruits and nuts, sweetened with fructose.
- Clean & Safe: Less than 1g of fat per serving, no cholesterol, and no added salt. No artificial colors, flavors, sweeteners, or preservatives.
- Gluten-Free.
- Lacto-Vegetarian.

### Why Supplement with Fibre?

Most people consume only HALF the recommended daily Fibre for long-term good health. Boosting intake can:

- Support Gut Health and Regularity: Boosting Fibre intake can help maintain regularity naturally, without habit-forming solutions.
- Promote Heart Health: Diets high in Fibre support heart health.
- Help Curb Hunger: Increased Fibre intake with a large glass of water before meals can help you feel fuller, naturally supporting safe and healthy weight management.

### Nutrition Facts

30 servings per container  
**Serving Size: 1 scoop or 3 tablespoons (21 g)**

**Amount Per Serving**  
**Calories 60**

		<b>% Daily Value**</b>
<b>Total Fat</b>	1 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	60 mg	3%
<b>Total Carbohydrate</b>	17 g	6%
Dietary Fiber	6 g	21%
Soluble Fiber	1 g	
Insoluble Fiber	5 g	
Total Sugars	5 g	
Includes 2.5 g Added Sugars		5%
<b>Protein</b>	1 g	
Vitamin D <sub>3</sub>	0 mcg (0 IU)	0%
Calcium	70 mg	6%
Iron	0 mg	0%
Potassium	120 mg	4%

\*\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Whey powder, Neo-Polyfibe (soy fiber, whole oat fiber, acerola), maltodextrin, pea fiber, psyllium husks, fructose, apple fiber, banana powder, guar gum, soy lecithin, almond powder, prune powder, soy oil, natural flavors, apricot powder.

**Contains milk, soy and tree nuts (almond, hazelnut).**

**Distributed by:**

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**BASED IN NATURE • GMO FREE • GLUTEN FREE •  
 EVERY BATCH TESTED FOR PURITY AND POTENCY**

**Directions:** Mix 1 scoop (3 tablespoons) in 8 fl. oz. of milk (of your choice), water, or your favorite juice and blend well. You can also add it to NeoLife protein drinks as directed. For a fiber boost in recipes like baked goods, sauces, and casseroles, add 2 or more tablespoons.

**Unlimited Possibilities!**

**Try adding All Natural Fiber to:**



SMOOTHIES



WATER



YOGURT



OATMEAL



SOUP



JUICES



SAUCES



BAKED GOODS