



# All Natural Fiber

## Food and Drink Mix

An easy and delicious way to add  
natural fiber to your diet



6g Fiber

11 Natural Sources

Lacto Vegetarian



Net Wt. 22.2 oz. (630 g)

# All Natural Fiber Food and Drink Mix

Boost your fiber, naturally! All Natural Fiber Food and Drink Mix is an easy way to get a high-fiber, whole-food diet. Each serving offers:

- ✓ A rich source of dietary fiber. Fiber promotes gut health.
- ✓ A balanced blend of soluble and insoluble fibers from 11 whole food sources.

**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

## Nutrition Facts

30 servings per container

Serving Size: 1 scoop or 3 tablespoons (21 g)

Amount Per Serving

**Calories**

**60**

% Daily Value\*\*

<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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