


**The convenient way to achieve a natural whole-food, high-fibre diet.** Scientific research has shown that a diet low in saturated fat and cholesterol and high in fruits, vegetables and grain products that contain fibre may:


- Promote regularity
  - Reduce your risk of heart disease by helping to lower blood cholesterol
  - Contribute to a pleasant feeling of fullness
- Each serving provides:
- **A rich source of dietary fibre.**
  - **A balanced blend of soluble and insoluble fibres from whole foods.**

**DIRECTIONS:** Mix 1 scoop or 3 tablespoons (28 g) with 250 ml milk or water, or your favourite juice/beverage and blend well. Add All Natural Fibre Food and Drink Mix to your favourite NeoLife protein drinks (mix as directed). In your recipes for baked goods, sauces, pasta, casseroles, etc., add 2 or more tablespoons for a fibre boost.



NEOLIFE

NUTRITIONALS




# ALL NATURAL FIBRE

## FOOD AND DRINK MIX

To promote regularity,  
heart health & more

GLUTEN FREE



Net Wt. 510 g

## Nutrition Information

Serving Size: 1 scoop or 3 tablespoons (28 g)

Servings Per Container: 18

	Per 28 g Serving	Per 100 g Serving
Energy	407 kJ	1450 kJ
Protein	2 g	7 g
Total Carbohydrates	24 g	86 g
of which Glycaemic carbohydrates	16 g	57 g
of which total sugar	7 g	25 g
Dietary fibre*	8 g	29 g
Soluble fibre	2 g	7 g
Insoluble fibre	6 g	21 g
Fat	1 g	4 g
Total Sodium	80 mg	286 mg
Potassium	160 mg	571 mg

\*AOAC 985.29

**INGREDIENTS:** Whey powder, maltodextrin, Neo-Polyfibe (soya fibre, whole oat fibre, acerola), psyllium seed, pea fibre, fructose, soya fibre, apple fibre, banana powder, soya lecithin, guar gum, prune powder, almond powder, apricot powder, soya oil and natural flavours.

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

**NAFDAC Regn. No. E1-2605**

### MADE FOR:

NeoLife International (Pty) Ltd  
2 Ayrshire Boulevard,  
Longmeadow Business Estate,  
Longmeadow, Edenvale,  
Gauteng, 1609

NeoLife International (Pty) Ltd  
Dar es Salaam, Tanzania  
Kampala, Uganda

NeoLife International Ltd  
Nairobi, Kenya

NeoLife International Ltd  
Accra, Ghana

NeoLife International Ltd.  
Lagos, Nigeria

by Natural Formulas,  
2125 American Ave.,  
Hayward, CA 94545 U.S.A.

Made in U.S.A.

NOT SOLD IN RETAIL STORES.

Available Exclusively from  
NeoLife Distributors.

Leading edge nutrition since 1958.

Based in Nature, Backed by Science.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place below  
25° C, protect from light.

For manufacture & expiry dates see  
base of container.

NeoLife.com



Powered by 



0920

932307