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Fiber Plus® Caps

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FIBER PLUS® CAPS

Promotes Regularity
Fiber, Senna and Purifying Herbs

BENEFITS: Fiber Plus is Yerba Prima's most powerful formula to restore and promote regularity. It contains all the benefits of fiber, plus the additional colon cleansing benefits of senna, in a base of purifying herbs.* Fiber Plus provides a quick, thorough cleansing of the colon when needed.

Our combination of senna, fiber and purifying herbs is unique. This Yerba Prima combination gives benefits that cannot be found in normal senna products or fiber products alone. Yerba Prima uses a premium standardized extract of Senna for consistent, reliable results. Senna extract is a potent herb that promotes reliable, gentle bowel activity overnight. Fiber Plus balances the action of senna with the mild bulking fiber benefits of our complete fiber formula containing all 5 fiber types, and with ginger. Our complete fiber formula helps to retrain the bowel for normal, healthy bowel functioning over the long term. The fiber also absorbs and removes toxins and waste material as it passes through the colon.

Fiber Plus purifying herbs provide additional balance and cleansing support. Ginger root soothes the digestive system to minimize discomfort, and also promotes proper digestion. Dandelion and Red clover help support the cleansing function of Fiber Plus for maximum benefits.

Use as needed, but not longer than two months everyday. For long term use, gradually substitute Yerba Prima Daily Fiber® or Psyllium Husks for Fiber Plus. Fiber Plus contains no added sweeteners, colors or additives.

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 5 capsules, one to three times a day.
CHILDREN 6-12: Fiber Plus in powder form is recommended for ease of use. See Directions.

DIRECTIONS: Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed. Swallow one capsule at a time. Take each serving with at least 8 ounces (a full glass) of water or other liquid. Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts.

Notice: This product contains senna. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain. Consult your physician if you have frequent diarrhea.** If you are pregnant, nursing, taking medication or have a medical condition, consult your physician before using this product. **CAUTION:** Do not take capsules if you have difficulty in swallowing. A very small percentage of individuals, particularly health care providers who have been occupationally exposed to psyllium dust, may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction. If you experience a strong reaction, with difficulty in swallowing or breathing, after taking this product, seek immediate medical attention. Keep out of the reach of children.

*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.

Supplement Facts

Serving Size 5 capsules
Servings per container: 36

Amount per serving	% Daily Value*
Calories 8	
Total Fat 0g	0%
Total Carbohydrate 2.5g	<2%
Dietary Fiber 2.5g	10%
Soluble Fiber 2g	
Insoluble Fiber 0.5g	
Sugars 0g	
Protein 0g	
Calcium 5 mg	<2%
Sodium 2 mg	<2%
Potassium 22 mg	<2%
Concentrated Fiber Blend	2,766 mg**
Psyllium seed husks	
Soy fiber	
Oat bran	
Acacia gum	
Apple pectin extract	
Purifying Herbal Blend	359 mg**
Ginger root	
Red clover tops extract 4:1	

Dandelion root & leaf extract 4:1
Senna extract, 10% sennosides

*Percent Daily Values are based on a 2,000 calorie diet
**Daily Value not established

Ingredients: Psyllium seed husks, acacia gum, ginger root, senna extract 10% sennosides, soy fiber, oat bran, apple pectin extract, red clover tops extract 4:1, dandelion root & leaf extract, 4:1, cellulose, USP Kosher gelatin capsule.

Note: The carbohydrate in this product is primarily non-digestible fiber; digestible carbohydrate is less than 1/2 gram per serving.

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