Cardiovascular Support
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CholesFiber™

Drink Mix * With Grapefruit Pectin



enlarge bottle

CholesFiber is an all-natural soluble fiber drink mix that helps support cholesterol levels already in the normal range. It contains high-methoxyl pectin (from apple and grapefruit), which has been shown to regulate cholesterol levels better than low-methoxyl pectin. CholesFiber also contains soy isoflavones, which are phytoestrogens that help maintain healthy cholesterol levels.

Supplement Facts
Serving Size: 1 scoop

	Amount	%DV
Dietary Fiber	5 g	0.2
Soluble Fiber	5 g	†
Calcium	156 mg	0.15
Soy Isoflavones	20 mg	†

Other Ingredients: soy protein (from Supro® Brand Soy Protein & SoyLife™), apple pectin, grapefruit pectin and mixed gums (guar gum, arabic and xanthan).

Warning: This product should be taken with at least a full glass of liquid. Taking without enough liquid may cause choking. Do not take this product if you have difficulty swallowing. Discontinue use if intestinal discomfort or constipation occurs. If you are pregnant or breastfeeding, consult your health care professional before using this product.

Suggested Use: While briskly stirring or blending, slowly add one heaping scoop of CholesFiber to 12 oz non-acidic juice (apple or berry), milk or water. Gradually, over 3 weeks, increase from 1 to 3 scoops per day to allow your system to adjust to a higher fiber intake. Week 1 : 1 scoop/day, Week 2 : 2 scoops/day, Week 3 : 3 scoops/day.

Suitable for vegetarians: contains no yeast, dairy, egg, gluten, corn or wheat. Contains no sugar, preservatives, or artificial color, flavor or fragrance

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