

Fiber Sweep delivers a scientifically formulated blend of soluble and insoluble fibers from whole-ground flax, chia, and psyllium seed husks to naturally and gently eliminate waste from your digestive system, while supporting healthy intestinal flora.* Flax and chia are also sources of healthy omega-3 fatty acids. Drinking Fiber Sweep is an essential step each morning during the 3-Day Refresh™ program.*

Supplement Facts

Serving Size: 1 Packet (14 g) Servings Per Packet: 1

	Amount Per Serving	% Daily Value†
Calories	60	
Calories from Fat	25	
Total Fat	3 g	5%
Saturated Fat	0 g	0%
Monounsaturated Fat	0.5 g	
Polyunsaturated Fat	2 g	
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Potassium	0 mg	0%
Total Carbohydrate	8 g	3%
Dietary Fiber	8 g	32%

†Percent Daily Values are based on a 2,000 calorie diet

OTHER INGREDIENTS: Psyllium husk (*Plantago ovata*, seed), Flax (*Linum usitatissimum*, seed), Chia (*Salvia hispanica*, seed), Natural lemon flavor (with other natural flavors), Citric acid, Stevia (*Stevia rebaudiana*, leaf).

DIRECTIONS: Add 1 packet (14 g) of Fiber Sweep to 8 fl oz water. Mix well, then consume promptly.

NOTE: Drink will thicken as the natural fiber binds water, so be sure to drink immediately after preparation.

ALLERGY INFORMATION: This product is manufactured in a plant that also processes milk, soy, egg, fish, crustacean shellfish, tree nuts, peanuts, and wheat (gluten) ingredients.

STORAGE: Store in a cool, dry place.

WARNING: Consult with a healthcare professional if you are pregnant, breast feeding, or if you have any medical conditions. Keep out of reach of children.

NOTICE: This product should be eaten with at least a full glass of liquid. Eating this product without enough liquid may cause choking. Do not eat this product if you have difficulty in swallowing.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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