

Supplement Facts

Serving Size: 1 Packet (14 g)

Amount Per Serving	% Daily Value	
Calories	60	
Total Fat	3 g	4% [†]
Polyunsaturated Fat	2 g	**
Monounsaturated Fat	0.5 g	**
Total Carbohydrate	8 g	3% [†]
Dietary Fiber	8 g	29% [†]
Protein	1 g	2% [†]
Calcium	20 mg	2%
Iron	0.5 mg	3%
Potassium	90 mg	2%
Alpha-Linolenic Acid (omega-3)	1 g	**
Proprietary Fiber Blend	13.5 g	**
Psyllium (husk) powder, Flax (seed) powder		

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

**Daily Value (DV) not established.

OTHER INGREDIENTS: Natural flavors, Citric acid, Stevia leaf extract.

ALLERGEN STATEMENT: This product is manufactured in a plant that also processes milk, soy, egg, fish, crustacean shellfish, tree nut, peanut, and wheat ingredients.

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DIRECTIONS: Combine 1 packet (14 g) of Fiber Sweep with 12 oz of **very cold** water. Mix well, then consume promptly.

NOTICE: Drink will thicken as natural fiber binds with water, so be sure to drink immediately after preparation. This product should be consumed with at least a full glass of cold water. Drinking this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing.

STORAGE: Store in a cool, dry place.

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

***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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