

Fiber Sweep delivers a scientifically formulated blend of soluble and insoluble fibers from whole ground flax, chia, and psyllium seed husk to naturally and gently eliminate waste from your digestive system, while supporting healthy intestinal flora. Flax and chia also have 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)

Amount Per Serving		% Daily Value [†]
Calories	60	
Calories from Fat	25	
Total Fat	3 g	5%
Saturated Fat	0 g	
Trans Fat	0 g	
Monounsaturated Fat	0.5 g	
Polyunsaturated Fat	2 g	
Cholesterol	0 g	
Total Carbohydrate	8 g	3%
Dietary Fiber	8 g	32%
Calcium	30 mg	3%
Iron	1.5 mg	8%
Proprietary Fiber Blend	13.6 g	**
Psyllium (husk) powder, Flax (seed), Chia (seed)		

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

**Daily Value (DV) not established.

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

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DIRECTIONS: Mix 1 packet (14g) of Fiber Sweep in 10 oz. of cold water. Mix well, then consume promptly.

NOTICE: Drink will thicken as the natural fiber binds 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: Keep 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.

OTHER INGREDIENTS: Natural lemon flavor (with other natural flavors), Citric acid, Stevia leaf extract.

***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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