



MetaFiber®

Fiber blend to support GI regularity*

Form: Powder

Flavor:

Size: 10.72 oz (304 g) Powder

MetaFiber® is a blend of oat hull and apple fiber, providing 6 grams of dietary fiber per serving. This low-allergy-potential fiber blend is designed to support healthy intestinal transit time and bowel regularity, and offers support for those with occasional constipation.* MetaFiber is great for those who are sensitive to psyllium, wheat, corn, or citrus

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Level Scoop (8 g)	
Servings Per Container	38	
Calories	5	
Total Carbohydrate	7 g	3%*
Dietary Fiber	6 g	21%
Insoluble fiber	6 g	
Sodium	10 mg	<1%

Ingredients: Oat hull fiber and apple fiber.

Directions: Blend, shake, or briskly stir about 1 level scoop (8 grams) of MetaFiber into 8 fluid ounces of juice or other beverage as directed by your healthcare professional.

This product is non-GMO, gluten-free, and vegetarian.

Storage: Keep tightly closed in a cool, dry place.

Tamper Evident: Do not use if safety seal is missing or broken.

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