



Digestive  
Management  
Fiber Powder

## HOW TO TAKE FIBERCEL

**1 serving = 1 scoop = 4 level tsp (provides 5 gm of fiber)**

- Stir FiberCel into any hot or cold beverage or food
- Additional fluid consumption is not required when taking FiberCel

## Suggested Usage for Bowel Management

### If you are already taking a fiber supplement

(eg. Metamucil, Benefibre, Psyllium Husk, Inulin Powder, Flax Seeds, Chia Seeds)

#### DAY 1 – 20

- Discontinue your current fiber supplements, juices or powders.
- Take 2 servings per day of FiberCel

#### AFTER 20 DAYS

Many people remain at 2 servings per day for maintenance, however, you may be able to reduce to 1 serving per day.

### If you are currently taking laxative medication

(eg. Senekot, Lax-a-Day, PEG 3350, Milk of Magnesia, Senna, Miralax or Stool Softeners)

#### DAY 1 – 20

- Continue taking your current laxative.
- Take 2 or 3 servings per day of FiberCel to increase the fiber in your system.

#### AFTER 20 DAYS

Discontinue your current laxative. Many people remain at 2 servings per day for maintenance, however, you may be able to reduce to 1 serving per day.

**If you are on medication that causes constipation** (eg. Iron supplements, pain medication), you may need to take 3 servings per day for 15-20 days, then reduce to 2 servings per day for maintenance.

Kinder  Products Ltd.