

REGULAR GIRL IS THE PREFERRED CHOICE FOR DIGESTIVE HEALTH



Guar Fiber and B. lactis



Wheat Dextrin



Psyllium



Inulin Tablets



Probiotic Capsules



Laxative

	Guar Fiber and B. lactis	Wheat Dextrin	Psyllium	Inulin Tablets	Probiotic Capsules	Laxative
Fiber Per Serving	5 g	3 g	3 g	3 g	0.2 g	0 g
Calories Per Day	10	45	75	20	0	0
Probiotics	✓ (8 billion)				✓ (10 billion)	
Gluten Free	✓		✓	✓	✓	✓
Low FODMAP Certified	✓					
Organic Certified	✓					
Non-GMO Project Verification	✓					
100% Natural	✓		✓			
Constipation Management ¹	✓ (1 svg)		✓ (3 svg)	✓ (>2 svg)		✓
Diarrhea Management ¹	✓ (1 svg)		✓ (>4 svg)		✓ (1 svg)	
Glycemic control ¹	✓ (1 svg)		✓ (3 svg)	✓ (>3 svg)		
Satiety ¹	✓ (1 svg)	✓ (3 svg)	✓ (>1 svg)	✓ (2 svg)		
Low Gas, Bloating & Cramping	✓	✓	✓		✓	✓
Clear & Flavor-free in Water	✓	✓				✓
Non-Gelling & Dissolves Completely	✓	✓				✓
Sugar	0 g/svg	0 g/svg	4 g/svg	0 g/svg	0 g/svg	0 g/svg
Suggested Use	As a dietary Supplement, 1 svg/day	As a dietary Supplement, 3 svg/day	As a dietary Supplement, 3 svg/day	As a dietary Supplement, 2 svg/day	As a dietary Supplement, 1 svg/day	As a drug 1 svg/day Max of 7 days
Other Ingredients	none	none	sucrose	sorbitol, corn starch, microcrystalline cellulose, dextrose, citric acid, magnesium stearate, natural and artificial flavors & colors	hydroxypropyl methylcellulose, sucrose, maltodextrin, sodium ascorbate, vegetable magnesium stearate, silicon dioxide, titanium dioxide	none

Regular Girl has everything you want, and nothing you don't



Low-FODMAP Certified



Gluten Free



Non-GMO



Non-Gelling in Water



Certified Organic



Free of Fillers & Carriers



Certified Authentic TRU-ID



Glyphosate Residue-free

¹ Additional information available upon request