

Supplement Facts ^{v2}

Serving Size 1 Packet or 1 Scoop (14.83 Grams)
Servings Per Container 15 & 30

1 packet contains	Amount Per Serving	%Daily Value
Calories	60	
Total Carbohydrate	12 g	4%*
Dietary Fiber	9 g	36%*
Soluble Fiber	5 g	
Sugars	3 g	**
Protein	0.5 g	
Calcium	30 mg	3%
Iron	1.5 mg	8%
Proprietary Blend	13.73 g	
Organic Psyllium Husk Powder		**
Whole Grain Brown Rice Sweetener (Organic)(Oryza™)		**
Psyllium Seed Powder		**
Rice Bran		**
Apple Pectin		**
Fig		**
Prune		**

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

** Daily Value not established

Other Ingredients: Natural Apple Cinnamon Flavor (msg free), Silicon Dioxide, and Stevia Leaf Extract.