

BarnDad's FiberDX® 8-Layer Fiber Matrix, with 14g of fiber, 13g of protein, is a 100% natural, time release, soluble and insoluble fiber blend that naturally reduces hunger and supports healthy weight management, lean muscle and a healthy digestive system. BFDX helps

reduce insulin spikes as it slows the digestion and absorption of sugars and carbohydrates, allowing glucose to be metabolized more effectively.



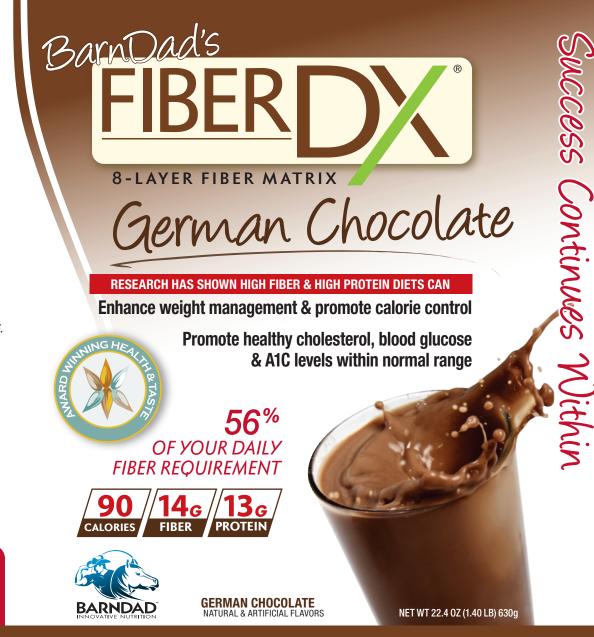
BarnDad's FiberDX® also supports heart health. It's long been clinically proven that a diet high in fiber helps reduce cholesterol and triglycerides, which has a positive impact on the body's mechanisms for regulating healthy cholesterol production within normal ranges. Health experts recommend a balanced diet include a minimum of 25 and up to 50 grams of fiber per day.

BarnDad's FiberDX® GERMAN CHOCOLATE takes your daily fiber routine to the next level! We've boosted our original formula with over 25% more fiber and over 85% more protein per serving. Plus, with BFDX's GERMAN CHOCOLATE, you'll get all the same incredible health benefits of our original BarnDad's FiberDX® mixed with the irresistible delight of a smooth and creamy chocolate flavor. No artificial sweetners, bloating or negative side effects.

BFDX's GERMAN CHOCOLATE is a decadent and delicious fiber supplement that mixes easily with water or other beverages. Satisfy your chocolate cravings and your daily fiber needs with BFDX's GERMAN CHOCOLATE.

## DOCTORS RECOMMEND KEEPING BLOOD GLUCOSE LEVELS WITHIN A HEALTHY RANGE.





## **Nutrition Facts**

Serving Size: 1 Scoop (35g) Servings Per Container: 18

Amount Per Serving	
Calories 90	Calories from Fat 2
	% Daily Value
Total Fat 2g	39
Saturated Fat 0g	09
Trans Fat 0g	

Protein 13g	26%
Sugars 1g	
Dietary Fiber 14g	56%
Total Carbohydrate 15g	5%
Potassium 290mg	8%
Sodium 250mg	10%
Cholesterol 5mg	2%
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 Vitamin A 2%
 • Vitamin C 0%

 Calcium 6%
 • Iron 15%

 Phosphorus 8%
 • Magnesium 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:         2,000           Total Fat         Less than         65g           Sat Fat         Less than         20g           Cholesterol         Less than         300mg	
Sat Fat Less than 20g	2,500
	80g
Cholesterol Less than 300mg	25g
	300mg
Sodium Less than 2,400mg	2,400mg
Total Carbohydrate 300g	375g
Dietary Fiber 25g	30g
Calories per gram:	
Fat 9 • Carbohydrate 4 •	Protein 4

Ingredients: BarnDads FiberDX® (Soy Protein Isolate, Oat Fiber, Soy Fiber, Psyllium, Fibersol, Flax Seed, Beet Fiber, Cellulose, Oat Bran Fiber), Cocoa (processed with Alkali), Whey Protein Concentrate, Soy Protein Isolated, Caseinate, Salt, Natural and Artificial Flavors, Xanthium Gum, Monk Fruit Extract and Stevia.

CONTAINS: SOY PROTEIN & MILK PROTEIN
Store in a cool, dry place

**Directions:** Add 1 scoop (35g) of BarnDad's FiberDX® GERMAN CHOCOLATE to 8-12 ounces of liquid (water, milk, protein shake or favorite non-carbonated beverage) 15 minutes prior to 1 or 2 meals daily.







One serving of BFDX™ GERMAN CHOCOLATE delivers 56% of your daily fiber requirement, designed to help suppress hunger and promote healthy blood glucose & A1C levels within normal range.

For more information: 855-826-2429 www.barndadnutrition.com

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