

0g of SUGAR

11g of FIBER

7g of PROTEIN



BarnDad's FiberDX® 8-Layer Fiber Matrix, with 11g of fiber, 7g 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 healthy diet include a minimum of 25 grams of fiber per day. One serving of BarnDad's FiberDX® provides 11 grams of fiber, a full 44 PERCENT of your daily fiber requirement.

While many single fiber products or supplements (imbalanced blends) often cause bloating, BFDX's proprietary, eight-layer fiber matrix, works in days to provide consumers all the benefits of a high fiber diet without the negative side effects.

BarnDad's FiberDX® is a flavorless, universal ingredient that easily mixes with water or other beverages and can also be used in baking as a flour substitute, resulting in healthy and delicious meals, snacks and desserts. BarnDad's FiberDX® is the Ultimate fiber supplement for optimum health, peak performance and vitality at any age.

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

Cholesterol 125-200 MG/DL | HDL Low: > OR = 40 MG/DL | Hemoglobin A1C Low: < 6.0%  
Glucose 65-99 MG/DL | LDL Low: < 130 MG/DL



BarnDad's FiberDX® is a universal ingredient.



Add to your favorite flavor of protein shake or smoothie



Mix into your morning coffee, tea or juice



Combine BFDX with spices in everyday cooking



Stir BFDX into hot soups or oatmeal



Thicken stews, sauces and gravy with a BFDX roux



Use as a partial flour substitute for everyday baking



8-LAYER FIBER MATRIX



11g of Fiber  
44% of daily requirement

7g of Protein

No bloating or negative side effects

RESEARCH HAS SHOWN HIGH FIBER AND HIGH PROTEIN DIETS CAN

- Enhance weight management and promote calorie control
- Feel fuller longer
- Promote healthy cholesterol, A1C and blood glucose within normal range



NET WT 21.1 OZ (1.32 LB) 600 grams

Success Continues Within

Nutrition Facts

Serving Size: 1 Scoop (20g)  
Servings Per Container: 30

Amount Per Serving		% Daily Value*	
Calories	50	Calories from Fat	5
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0g		
Sodium	70mg		3%
Total Carbohydrate	11g		4%
Dietary Fiber	11g		44%
Sugars	0g		
Protein	7g		14%
Vitamin A	2%	Vitamin C	0%
Calcium	2%	Iron	0%
Niacin	8%	Folate	6%

\*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	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Directions: Add 1 scoop (20g) of BarnDad's FiberDX® to 8-12 ounces of liquid (water, juice, protein shake or favorite non-carbonated beverage) 15 minutes prior to 1 or 2 meals daily.



One serving of BarnDad's FiberDX® delivers 30%-50% of your daily fiber requirement, designed to help suppress hunger and promote healthy A1C control.\*

Distributed by: BarnDad Innovative Nutrition, LLC  
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Questions? Call Toll Free: 855.826.2429



Visit our website for recipe information: [barndadsfiberdx.com/recipes](http://barndadsfiberdx.com/recipes)

Mixes Instantly in Water | Natural & Flavorless

For more information: 855-826-2429 or [www.barndadnutrition.com](http://www.barndadnutrition.com)