## Og of SUGAR

# 11g of FIBER



BarnDad's FiberDX<sup>®</sup> 8-Laver 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<sup>®</sup> 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<sup>®</sup>** 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<sup>®</sup> 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**<sup> $\otimes$ </sup> 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/DLHemoglobin A1C Low: < 6.0% 65-99 MG/DL LDL Low: < 130 MG/DL Glucose

### BarnDad's FiberDX<sup>®</sup> is a universal ingredient.

Mix into your

tea or iuice



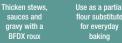




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with spices in everyday cooking

Stir BFDX int hot soups o



for everyday

baking

Visit our website for recipe information: barndadsfiberdx.com/recipes

BarnDad's FIBER

**8-LAYER FIBER MATRIX** 

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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



Total Fat 1g

Saturated Fat Og

Trans Fat Og

Cholesterol 0a

**Total Carbohvdrate** 

Dietary Fiber 11g

Sodium 70ma

Sugars Og

Vitamin A 2%

Protein 7a

Calcium 2%

Niacin 8%

your calorie needs:

Total Carbohydrate

**Dietary Fiber** 

Calories per gram:

Total Fat

Sat Fat

Cholesterol

Sodium

Fat 9 ngredients: Calories:

Less than

Less that

Less that

Less than

Carbohyo

0

4

 $\frown$ 

Mixes Instantly in Water | Natural & Flavorless

## 7g of PROTEIN

	Calories from	Fat	5	
	% Daily	% Daily Value*		
		2	%	
		0	%	
		3	%	
;	11g	4	%	
		44	%	
		14	%	
	Vitamin C	00/	,	
_	vitamin u	0%	0	

•	Iron 0%
•	Folate 6%

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

2,000	2,500
65g	80g
20g	25g
300mg	300mg
2,400mg	2,400mg
300mg	375mg
25g	30g
Irate 4 •	Protein 4

BarnDad's FiberDX®) Sov Protein Isolate. Oat Fiber, Soy Fiber, Psyllium, Maltodextrin, Flax Seed, Beet Fiber, Cellulose, Oat Bran Fiber, Lecithir

**CONTAINS: SOY PROTEIN** Store in a cool, dry place

Directions: Add 1 scoop (20a) of 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 nnovative Nutrition. LLC 150 Lake Drive. Suite 101. Wexford, PA 15090

**Ouestions? Call Toll** Free: 855.826.2429





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