



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® CINNAMON BUN 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 CINNAMON BUN**, you will get all the same incredible health benefits of our original **BarnDad's FiberDX®** mixed with the irresistible delight of a smooth and creamy cinnamon bun flavor. No artificial sweeteners, bloating or negative side effects.

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

DOCTORS RECOMMEND KEEPING BLOOD GLUCOSE LEVELS WITHIN A HEALTHY RANGE.



Cholesterol 125-200 MG/DL

HDL Low: > OR = 40 MG/DL

Glucose 65-99 MG/DL

Hemoglobin A1C Low: < 6.0%

LDL Low: < 130 MG/DL

BFDX's CINNAMON BUN is easily used for making baked goods with added nutrition & great cinnamon flavor.
Waffles, muffins, cakes, cookies, etc...

BarnDad's FIBERDX®

8-LAYER FIBER MATRIX

Cinnamon Bun



RESEARCH HAS SHOWN HIGH FIBER & HIGH PROTEIN DIETS CAN

Enhance weight management & promote calorie control

Promote healthy cholesterol, blood glucose & A1C levels within normal range



56%
OF YOUR DAILY
FIBER REQUIREMENT

80 CALORIES
14g FIBER
13g PROTEIN



CINNAMON BUN
NATURAL & ARTIFICIAL FLAVORS



NET WT 21.9 OZ (1.36 LB) 620g

Success Continues Within

Nutrition Facts

Serving Size: 1 Scoop (31g)
Servings Per Container: 20

Amount Per Serving		% Daily Value*	
Calories	80	Calories from Fat	15
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	260mg		10%
Potassium	290mg		6%
Total Carbohydrate	12g		4%
Dietary Fiber	14g		56%
Sugars	0g		
Protein	13g		26%
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	8%

*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		300g	375g
Dietary Fiber		25g	30g

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

Ingredients: BarnDad's FiberDX® (Soy Protein Isolate, Oat Fiber, Soy Fiber, Psyllium, Fibersol, Flax Seed, Beet Fiber, Cellulose, Oat Bran Fiber, Lecithin), Whey Protein Concentrate, Soy Protein Isolate, Caseinate, Salt, Natural and Artificial Flavors, Xanthan Gum, Cinnamon, Monk Fruit Extract and Stevia.

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

Directions: Add 1 scoop (31g) of BarnDad's FiberDX® CINNAMON BUN 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™ CINNAMON BUN** 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
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Questions? Call Toll Free: 855.826.2429



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

No Bloating or Negative Side Effects

Mixes Instantly In Water