

# GNC NATURAL BRAND™ CLEAR MIXING SUPER FIBER

GNC Natural Brand™ Clear Mixing Super Fiber features 6 grams of a non-habit forming, clinically studied, clear, soluble fiber proven to improve regularity, improve growth of beneficial bacteria and normalize bacterial flora.\*

Fiber promotes intestinal health and regularity, increases bulk and provides relief from occasional constipation. Experts agree that adults should consume 25 to 35 grams of fiber every day to maintain good health and normal bowel function. Fiber is an all-natural way to promote regularity and colon health. It aids the transit of food through the intestines and offers many additional health benefits including helping you to delay hunger and making you feel fuller longer.

GNC Natural Brand™ Clear Mixing Super Fiber is unflavored and mixes easily with water or your favorite beverage. It may also be added to recipes during baking and cooking. Simply stir and watch the fine fiber granules dissolve completely.

To ensure a complete nutritional program, be sure to include one of GNC's premium multivitamins in your daily regimen.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# GNC

NATURAL BRAND™

## CLEAR MIXING SUPER FIBER

dietary supplement

6 grams fiber  
per serving

All-natural Vegetarian

Clinically proven to improve regularity,  
improve growth of beneficial bacteria and  
normalize bacterial flora\*

NET WT 7.9 OZ (225 G)

CODE 350694

FNG

**Directions:** As a dietary supplement, mix one level scoop (7.5 g) into 6-8 ounces of water or any beverage. Clear Mixing Super Fiber is flavor-free and may be added during baking and cooking. Stir well until dissolved.

### Supplement Facts

Serving Size 1 Level Scoop (7.5 g)  
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories 30		
Total Carbohydrate	7 g	2%†
Dietary Fiber	6 g	24%†
Sugars	1 g	*

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

\* Daily Value not established.

**Other Ingredients:** Sunfiber® Partially Hydrolyzed Guar Gum.

**WARNING:** Do not use if you develop diarrhea, loose stools, or abdominal pain. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication or have a medical condition. Taking this product without enough liquid may cause choking.

**NOTICE:** Significant product settling may occur.

### Sunfiber®

Sunfiber® is a registered trademark of Taiyo International, Inc. Use of Sunfiber® is protected by US Trademark Registration No. 2,930,937.

**KEEP OUT OF REACH OF CHILDREN.**  
Store in a cool, dry place.

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For More Information:  
1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by:  
General Nutrition Corporation  
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