



Dr. Formulated ORGANIC FIBER



DAVID PERLMUTTER, M.D.,
Formulated by America's Brain-Health
Expert, a Board-Certified Neurologist,
#1 *New York Times* best-selling author, Fellow
of the American College of Nutrition, and expert in the
human MICROBIOME.

A Delicious Citrus Flavored Fiber that is clear
and packed with goodness. **Organic Fiber** is an easy and
convenient way to boost your favorite beverage or food's
nutritional value with a single spoonful.

Prebiotic Fiber from real, **Organic, Non-GMO Whole Foods**
helps curb appetite, promotes growth of healthy probiotics
in the digestive tract, supports healthy digestion,
elimination, and occasional constipation.†



CERTIFIED ORGANIC

Farmed without the use of toxic pesticides
and fertilizers



NON-GMO VERIFIED

Independent, third party verification



VEGAN CERTIFIED

Third party certified by Vegan Action



CERTIFIED GLUTEN-FREE BY NSF

PSYLLIUM FREE • DAIRY FREE • SOY FREE • SUGAR FREE



DP0FC223G-081415

Supplement Facts

Servings Size 1 Tablespoon (7 g)
Serving Per Container Approximately 32

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	0	0%
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Sodium	15 mg	1%
Total Carbohydrate	5 g	2%*
Dietary Fiber	5 g	20%*
Soluble Fiber	4 g	
Insoluble Fiber	1 g	
Sugars	0 g	
Protein	0 g	0%*

Organic Prebiotic Fiber Blend 6 g +

Organic Acacia Fiber (*A. senegal*), Organic Orange (peel), Organic
Babab (fruit), Organic Apple (peel), Organic Cranberry (seed)

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

†Daily Value not established.

Other Ingredients: Organic Orange Flavor, Organic Lime Flavor,
Organic Tangerine Flavor, Organic Stevia Extract (leaf), Sea Salt.

CAUTION: Consult your healthcare practitioner before
using this product, especially if you are pregnant, nursing,
antipate surgery, take medication on a regular basis or
are otherwise under medical supervision.

Keep out of reach of children.

Store in a cool, dry place.
Do not use if seal is damaged or missing.
Packaged by weight not volume.
Settling may occur.
Contains no filler ingredients, artificial
colors, flavors, sweeteners or preservatives.



100% Certified
We Buy
Renewable
Energy

Made in the U.S.A.

Certified Organic by QCS

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Distributed by Garden of Life LLC

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† 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.

Suggested Use: Adults add 1 Tablespoon to at least 8oz
of water or juice, and stir. Dissolves easily and mixes clearly.
Not intended for children.