



PREBIOTIC FIBER & PROBIOTIC SUPPLEMENT

Life is anything but regular. That's why there's Regular Girl®. A synbiotic blend of prebiotic fiber and probiotics that helps support a healthy digestive balance, so you can feel your best from the inside out.*

*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.



Rev. 1



BALANCE

It's a beautiful thing

PREBIOTIC FIBER

Nourish the good bacteria in your gut with clinically proven soluble fiber (Sunfiber®). It moves through your system at just the right pace without causing excess gas and bloating.*

PROBIOTICS

Billions of active probiotics (*Bifidobacterium lactis*) work in harmony with our prebiotic fiber to nourish the good bacteria in your gut, which helps promote regularity and intestinal health.*

ORIGINAL



REGULAR Girl

PREBIOTIC FIBER & PROBIOTIC SUPPLEMENT

Promotes healthy digestive balance*

Unflavored

5 g plant fiber & 8 billion active probiotics

Dissolves clear without thickening



Recommendations:

As a dietary supplement, mix one level scoop (6 g) into 6 - 8 ounces of water or any non-carbonated beverage. May also be added to smoothies, cereals and more.

Supplement Facts	
Serving Size:	1 Scoop (6 g)
Servings Per Container:	90
Amount per serving	
Calories	10
% Daily Value†	
Total Carbohydrate 6 g	2%
Dietary Fiber 5 g	18%
Total Sugars 0 g	**
Includes 0 g Added Sugars	0%
Organic Sunfiber® Guar Fiber 6 g	**
<i>Bifidobacterium lactis</i> 8 Billion CFU†	**

†Percent Daily Values are based on a 2000 calorie diet.
**Daily Value Not Established.
†At time of manufacture.

Other Ingredients: None

Manufactured in USA for: Regular Girl, Minneapolis, MN USA | 1-800-735-9731
Certified Organic by: MOSA

Notice: This product is sold by weight, not by volume. Contents may settle during shipping and handling.

WARNING: If pregnant, nursing or taking prescription drugs, consult your healthcare practitioner prior to use. Do not use if safety seal is broken or missing. Keep out of the reach of children. Store in a cool, dry place.

One serving of this product is low in FODMAPs and can assist with following the Monash University Low FODMAP Diet™. A strict low FODMAP diet should only be commenced under the supervision of a healthcare professional. Monash University has assessed this product as being low in FODMAPs only.

Sunfiber® is a trademark of Taiyo International, Inc.

www.RegularGirl.com



BPA Free Bottle



100% GLUTEN FREE



100% NATURAL



LOW CALORIE



100% VEGAN

DIETARY SUPPLEMENT | NET WT. 19.05 OZ (540 G)