

# FIBERTONE®

Get your fiber fix! Our ultra-concentrated blend of soluble and insoluble fiber keeps your digestive system running smoothly while promoting healthy metabolism and weight management. Oat bran aids digestion with 50% more fiber than oatmeal, while psyllium seed and flaxseed combine to cleanse your system, reduce your appetite, and help keep your cholesterol levels in check.

## BENEFITS

- Convenient source of dietary fiber
- Supports digestion and the body's metabolic processes
- Promotes healthy weight management
- Easy-to-swallow gel cap
- No added stimulants or artificial ingredients

	Owner Expertise Formulation		Kosher Certified
	Self-Manufactured in the USA		Halal Certified
	Made with Natural Ingredients		NSF Certified
			GMO Free



100 capsules #22061

## INGREDIENT HIGHLIGHTS

### OAT BRAN

Oat bran contains beta-glucan, a soluble fiber that has been linked to lowering cholesterol. The fiber in oat bran can help you feel fuller for longer, which reduces the number of overall calories one consumes in a given day. Oat bran also contains polyphenols—plant-based molecules that work as antioxidants to help reduce free radical cell damage.

### PSYLLIUM SEED

Psyllium seed contains soluble fiber, which means it can help increase fullness and slow digestion. It also contains insoluble fiber, which provides bulk and helps support regular bowel movements. Psyllium may also help lower cholesterol when used together with a diet low in cholesterol and saturated fat.

### FLAXSEED

Used as a healthful ingredient for thousands of years, flaxseeds are good sources of many nutrients, including the heart-healthy omega-3 fatty acid ALA (alpha linolenic acid), fiber, and lignans. Lignans are phytonutrients that have both soluble and insoluble fiber.

## FAQs

**Q: What are the health benefits of fiber?**

**A:** Fiber does more than just keep you regular. The rough stuff can also help lower cholesterol, keep your blood sugar stable, and make it easier to manage your weight. Fiber increases the feelings of fullness and therefore has been shown to support weight loss.

**Q: Fibertone® contains both insoluble and soluble fiber; what are their respective benefits?**

**A:** Both soluble and insoluble fiber come from plants and are forms of carbohydrates. But unlike other carbs, fiber can't be broken down and absorbed by your digestive system. Soluble fiber absorbs the water in your food, which slows down digestion. Slowing digestion can help regulate blood sugar. Insoluble fiber adds bulk to the stool, which helps move it through your digestive system quickly to support regularity.

## HOW TO USE

One or two capsules three times a day.

**NOTICE:** This product contains Cassia Tora Seed. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cassia Tora Seed may worsen these conditions and be harmful to your health.** Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 50

	Amount Per Serving	% Daily Value
Total Carbohydrate	1 g	<1%*
Proprietary blend:	800 mg	†
Ingredients: Oat bran, Cassia tora seed, psyllium seed, flaxseed, and Scrophularia ningpoensis root.		

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

† Daily Value not established.

**Other ingredients: Vegetable-based capsule (hydroxypropyl methylcellulose).**



## NOURISH + CLEANSE = BALANCE

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.