

FIBERTONE®

This exclusive formula contains a unique blend of oat bran, psyllium seed, and beneficial herbs to provide gentle relief of constipation and/or irregularity. By increasing bulk volume and water content in the intestine, it helps the natural process of the digestive system and promote bowel movements. Fiber is an essential aspect of the daily diet.

BENEFITS

- Support a healthy digestive system with a proprietary blend of herbs
- Bulk-forming laxative
- No chemical or synthetic additives

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



100 capsules

#22061

INGREDIENT HIGHLIGHTS

OAT BRAN

Oat bran contains about 50% more fiber and soluble fiber than oatmeal, making it more effective at lowering cholesterol and supporting digestion. It also has more protein, calcium, iron, thiamin, phosphorus, riboflavin, magnesium, and zinc.

PSYLLIUM SEED

Psyllium is the husk of the seed from the plantago plant. It contains a spongy fiber that promotes bowel movements by increasing bulk volume and water content.

SESAME SEED

Sesame seeds are loaded with essential minerals, such as manganese, copper, iron, phosphorus, and calcium. Among all the nuts and seeds commonly eaten across the world, sesame seeds have been found to contain the highest amount of phytosterols.

HOW TO USE

Adults: Take 9 capsules per day with a 250 mL glass of water. Take 2 hours before or after taking other medications. Effects observed 12-24 hours after first dose and may take 2-3 days.

FAQs

Q: What are the health benefits of fiber?

A: Soluble fiber helps to slow your body's breakdown of carbohydrates and the absorption of sugar, helping with blood sugar control. Fiber increases the feelings of fullness and therefore has been shown to support weight management.

Q: What are the differences between insoluble and soluble fiber?

A: 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.

Medicinal Ingredients / Ingrédients médicinaux :	
Each capsule contains / Chaque gélule contient :	
Oat / Avoine (Avena sativa, Bran / Son)	80 mg
Cassia Tora / Cassia (Cassia tora, Seed / Graine)	80 mg
(3 : 1, QCE / QBE 240 mg)	
Psyllium / Psyllium (Plantago ovata, Seed / Graine)	80 mg
Sesame / Sésame (Sesamum indicum, Seed / Graine)	80 mg
Scrophularia / Scrofullaire (Scrophularia ningpoensis, Root / Racine)	80 mg
(3 : 1, QCE / QBE 240 mg)	
Non-medicinal Ingredients / Ingrédients non médicinaux :	
Hypromellose.	
In a vegetable-based capsule / En gélule à base végétale	

The information provided for the Recommended Use is applicable to products sold in Canada only. Please note that daily dosage and labeling instructions differ between Canada and the United States. Also, please be aware that everyone's body is unique and may react differently to our products. The Recommendation for this product should be treated as the maximum daily recommended dosage for adults.



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.