

# Supplement Facts <sup>V4</sup>

Serving Size 1 Scoop (15 Grams)

Servings Per Container 30

<b>1 scoop contains</b>	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Calories	60	
Total Fat	1 g	1%*
Total Carbohydrate	12 g	4%*
Dietary Fiber	8 g	29%*
Soluble Fiber	5 g	
Sugars	3 g	**
Includes 2.5 g Added Sugars		5%*
Protein	0.5 g	<1%
Calcium	25 mg	2%
Iron	1.3 mg	7%
Sodium	25 mg	1%
Potassium	110 mg	2%
<b>Proprietary Blend</b>	<b>11.2 g</b>	
Psyllium Husk Powder (Organic)		**
Flaxseed Flour (Organic)		**
Rice Bran		**
Apple Pectin		**
Fig		**
Prune		**

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

\*\* Daily Value not established

Other Ingredients: Whole Grain Brown Rice Sweetener (Organic)(Oryza™), Natural Apple Cinnamon Flavor (msg free), Ascorbyl Palmitate, Silicon Dioxide, and Rebaudioside A (Organic).