

# blueprint Fiber



- **FIBER:** is an easy mixing, certified organic formula for the relief of occasional constipation, promotion of bowel regularity and the maintenance of healthy intestinal function. Fiber has also been shown to help maintain cholesterol levels within the normal range and support heart health.
- **Ingredients:** golden flax seed meal (certified organic) (cold-milled), gum acacia (certified organic), inulin (certified organic) (FOS).
- **Directions:** Mix 2 1/2 tablespoons into at least 6-8 oz. of water or juice and blend. Take once per day or as directed by your healthcare practitioner. Be sure to drink plenty of additional fluids throughout the day. Start with smaller amounts and gradually increase to full serving size over several weeks.

<b>Supplement Facts</b>		
Serving Size 2 1/2 Tablespoons (17 g)		
Servings Per Container Approx. 27		
	Amount	%DV*
Calories	80	
Calories from Fat	40	
Total Fat	4 g	6%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	0 g	0%
Sodium	5 mg	< 1%
Total Carbohydrate	8 g	3%
Dietary Fiber	7 g	28%
Sugars	0 g	
Protein	3 g	
Vitamin A	0%	Vitamin C 0%
Calcium	6%	Iron 4%

\* Percent Daily Values based on a 2,000 calorie diet.  
\*\* Daily Value not established.

**Ingredients:** Golden Flax Seed Meal (certified organic) (cold-milled), Gum Acacia (certified organic), Inulin (certified organic) (FOS).

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**Caution:** Keep out of reach of children.

**Storage:** Keep tightly closed in a cool, dry place.

**This Formula Meets or Exceeds cGMP Quality Standards.**

**\* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.**