

Directions: FiberMin-E.F.A. has not been flavored or sweetened in any manner. Used in conjunction with flavorful foods, it will simply take on the flavor of the food. As a fiber supplement, gradually increase dosage, as tolerated, from 1 tablespoon to 2 tablespoons divided through the day. Drink at least 6-8 glasses of WellSpring™ enhanced water daily.

Include FiberMin-E.F.A. in a well-rounded diet of fresh, whole, natural foods.

Serving Suggestions: Add to juices, shakes, cereals, salads, breads, casseroles, cakes, muffins, cookies, or any other dish that is being prepared. However, maximum nutritional benefit will be derived when FiberMin-E.F.A. is not cooked or baked.

1 tablespoon = approximately 7 shakes.

2 tablespoons contain 8 grams of dietary fiber (this compares to 6.7 grams of dietary fiber in 2 tablespoons of wheat bran).

A fiber-rich product with naturally chelated minerals and essential fatty acids.



FiberMin-E.F.A. contains a blend of the six best ingredients known for their superior fiber content.



FiberMin-E.F.A.™

The formulation of FiberMin-E.F.A. is uniquely and specifically designed to:

- * Create a high ratio of soluble to insoluble fibers.
- * Supply essential fatty acids.
- * Decrease mineral binding fibers.
- * Provide a natural multi-mineral source.



INGREDIENTS: Apple Fiber, Oat Fiber, Modified Plant Fiber, Organic Pea Fiber, Dried Prune Plums, Ground Psyllium Seeds, Ground Flax Seeds, Naturally Chelated Trace Minerals.

Nutrition Facts

Serving Size 1 Tbsp (8g)
Servings Per Container 71

Amount Per Serving

Calories 6 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium <1mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 4g 16%

Sugars 1g 0%

Protein <1g 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

For FiberMin-E.F.A. Technical Monograph, contact:

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Keep covered in a cool, dark place.
Refrigerate or freeze opened product.

Net Wt. 20 oz. (567 g)

