

# SUPPLEMENT FACTS

ADVOCARE® FIBER  
**CITRUS**

## SUPPLEMENT FACTS

Serving Size: 1 pouch (0.7 oz/20g) [makes 8 fl oz prepared]  
Servings Per Container: 10

	Amount Per Serving	%DV
Calories	70	
Total Carbohydrate	18g	6%†
Dietary Fiber	10g	40%†
Soluble Fiber	6g	*
Insoluble Fiber	4g	*
Sugars	7g	*
Vitamin A (as beta-carotene)	1,000 IU	20%
Vitamin C (as ascorbic acid)	30mg	50%

†Percent Daily Values (DV) are based on a 2,000-calorie diet.  
\*Daily Value not established.

**OTHER INGREDIENTS:** FIBER BLEND (PSYLLIUM HUSK, OAT FIBER, GUAR GUM, CELLULOSE GEL, CELLULOSE GUM, CITRUS PECTIN, BUTTERNUT BARK POWDER), FRUCTOSE, MALTODEXTRIN, NATURAL FLAVORS, CITRIC ACID, ACESULFAME POTASSIUM, PAPAYA FRUIT POWDER, PRUNE FRUIT EXTRACT, RHUBARB ROOT EXTRACT, BLACK WALNUT HULL POWDER, LICORICE ROOT POWDER, DIGESTIVE ENZYME COMPLEX (AMYLASE, PROTEASE, CELLULASE, LACTASE, LIPASE), *LACTOBACILLUS ACIDOPHILUS* AND *BIFIDOBACTERIUM BIFIDUM*. **CONTAINS TREE NUTS (WALNUT). THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES SOY, PEANUTS, WHEAT, EGGS AND MILK-BASED INGREDIENTS.**

**Directions for Use:** Blend, shake or briskly stir contents of one pouch into 8 fluid ounces of water or beverage of your choice. Consume one or more times per day, preferably before a meal. Drink a minimum of 8 fluid ounces of water immediately after each serving of AdvoCare® Fiber.

**CAUTION:** PREGNANT OR NURSING WOMEN SHOULD CONSULT A HEALTHCARE PROFESSIONAL PRIOR TO USE.

**NOTICE:** THIS PRODUCT SHOULD BE CONSUMED WITH AT LEAST A FULL GLASS OF LIQUID. CONSUMING THIS PRODUCT WITHOUT ENOUGH LIQUID MAY CAUSE CHOKING. DO NOT USE THIS PRODUCT IF YOU HAVE DIFFICULTY IN SWALLOWING.

**KEEP OUT OF REACH OF CHILDREN.**

**Store away from excessive heat, light and humidity.**

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.

# SUPPLEMENT FACTS

## ADVOCARE® FIBER PEACHES & CREAM

### SUPPLEMENT FACTS

Serving Size: 1 pouch (0.7 oz/20g) [makes 8 fl oz prepared]  
Servings Per Container: 10

	Amount Per Serving	%DV
Calories	50	
Total Carbohydrate	18g	6%†
Dietary Fiber	10g	40%†
Soluble Fiber	6g	*
Insoluble Fiber	4g	*
Sugars	3g	*
Vitamin A (as beta-carotene)	1,000 IU	20%
Vitamin C (as ascorbic acid)	30mg	50%

†Percent Daily Values (DV) are based on a 2,000-calorie diet.

\*Daily Value not established.

**OTHER INGREDIENTS:** FIBER BLEND (GUM ACACIA, CELLULOSE POWDER, GUAR GUM, PSYLLIUM SEED, OAT BRAN, OAT FIBER, APPLE PECTIN, CITRUS PECTIN), MALTODEXTRIN, FRUCTOSE, NATURAL FLAVORS, MALIC ACID, SUCRALOSE, BEET ROOT POWDER (FOR COLOR). **THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES SOY, TREE NUTS, PEANUTS, WHEAT, EGGS AND MILK-BASED INGREDIENTS.**

**Directions for Use:** Blend, shake or briskly stir contents of one pouch into 8 fluid ounces of water or beverage of your choice. Consume one or more times per day, preferably before a meal. Drink a minimum of 8 fluid ounces of water immediately after each serving of AdvoCare® Fiber.

**NOTICE:** THIS PRODUCT SHOULD BE CONSUMED WITH AT LEAST A FULL GLASS OF LIQUID. CONSUMING THIS PRODUCT WITHOUT ENOUGH LIQUID MAY CAUSE CHOKING. DO NOT USE THIS PRODUCT IF YOU HAVE DIFFICULTY IN SWALLOWING.

**KEEP OUT OF REACH OF CHILDREN.**

**Store away from excessive heat, light and humidity.**

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.

# SUPPLEMENT FACTS

ADVOCARE® FIBER  
**UNFLAVORED**

## SUPPLEMENT FACTS

Serving Size: 1 pouch (0.42 oz / 12g) [makes 8 fl oz prepared]  
Servings Per Container: 10

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	11g	4%†
Dietary Fiber	10g	40%†
Soluble Fiber	6g	*
Insoluble Fiber	4g	*
Sugars	1g	*

†Percent Daily Values (DV) are based on a 2,000-calorie diet.

\*Daily Value not established.

**OTHER INGREDIENTS:** SOLUBLE CORN FIBER, SUGARCANE FIBER, CITRUS PECTIN, CHICORY ROOT FIBER, CELLULOSE GEL, SUGAR, ACACIA GUM, SOY FIBER, PSYLLIUM SEED AND CELLULOSE GUM. **CONTAINS: SOY. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, PEANUTS, WHEAT, EGGS AND MILK-BASED INGREDIENTS.**

**Directions for Use:** Blend, shake or briskly stir contents of one pouch into 8 fluid ounces of water or beverage of your choice. Consume one or more times per day, preferably before a meal. Drink a minimum of 8 fluid ounces of water immediately after each serving of AdvoCare® Fiber.

**NOTICE:** THIS PRODUCT SHOULD BE CONSUMED WITH AT LEAST A FULL GLASS OF LIQUID. CONSUMING THIS PRODUCT WITHOUT ENOUGH LIQUID MAY CAUSE CHOKING. DO NOT USE THIS PRODUCT IF YOU HAVE DIFFICULTY IN SWALLOWING.

**KEEP OUT OF REACH OF CHILDREN.**

**Store away from excessive heat, light and humidity.**

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.