

# S U P P L E M E N T F A C T S

ADVOCARE® FIBER  
**UNFLAVORED**

## Supplement Facts

Serving Size: 1 Pouch (0.4oz/12g) [makes 8 fl oz prepared]  
Servings Per Container: 10

	Amount Per Serving	%DV
Calories	15	
Total Carbohydrate	11g	4%†
Dietary Fiber	10g	36%†
Soluble Fiber	6g	**
Insoluble Fiber	4g	**
Total Sugars	1g	**
Includes 1g of Added Sugar		2%†

†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, SOY FIBER, PSYLLIUM SEED, CELLULOSE GUM.

**CONTAINS: SOY**

**THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES MILK.**

FORMULATED/MANUFACTURED EXCLUSIVELY FOR  
ADVOCARE® INTERNATIONAL, LLC  
RICHARDSON, TX 75082 • 800-542-4800  
**FOR MORE INFORMATION VISIT [ADVOCARE.COM](http://ADVOCARE.COM)**

**DIRECTIONS FOR USE:**

BLEND, SHAKE OR STIR CONTENTS OF ONE POUCH INTO 8 FLUID OUNCES OF WATER OR BEVERAGE OF YOUR CHOICE. DRINK A MINIMUM OF 8 FLUID OUNCES OF WATER IMMEDIATELY AFTER EACH SERVING OF ADVOCARE® FIBER.

**STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.**

**CAUTION:** CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT, ESPECIALLY IF YOU ARE PREGNANT OR NURSING.

**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.**

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

# S U P P L E M E N T F A C T S

ADVOCARE FIBER  
**CITRUS**

## Supplement Facts

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

	Amount Per Serving	%DV
Calories	70	
Total Carbohydrate	18g	7%†
Dietary Fiber	10g	36%†
Soluble Fiber	6g	**
Insoluble Fiber	4g	**
Total Sugars	7g	**
Includes 6g of Added Sugars		12%†
Vitamin A (as beta carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	30mg	33%

†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: WALNUTS**

**THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES MILK AND SOY.**

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### **DIRECTIONS FOR USE:**

BLEND, SHAKE OR STIR CONTENTS OF ONE POUCH INTO 8 FLUID OUNCES OF WATER OR BEVERAGE OF YOUR CHOICE. DRINK A MINIMUM OF 8 FLUID OUNCES OF WATER IMMEDIATELY AFTER CONSUMING ADVOCARE FIBER.

**STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.**

**CAUTION:** CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT, ESPECIALLY IF YOU ARE PREGNANT OR NURSING.

**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.

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ADVOCARE® INTERNATIONAL, LLC

# S U P P L E M E N T F A C T S

ADVOCARE FIBER  
**PEACHES & CREAM**

## Supplement Facts

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

	Amount Per Serving	%DV
Calories	50	
Total Carbohydrate	18g	7%†
Dietary Fiber	10g	36%†
Soluble Fiber	6g	**
Insoluble Fiber	4g	**
Total Sugars	3g	**
Includes 3g of Added Sugars		6%†
Vitamin A (as beta carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	30mg	33%

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

\*\*Daily Value not established.

**OTHER INGREDIENTS:** FIBER BLEND (SOLUBLE CORN FIBER, CELLULOSE POWDER, GUAR GUM, PSYLLIUM SEED, OAT BRAN, OAT FIBER, APPLE PECTIN, CITRUS PECTIN), MALTODEXTRIN, FRUCTOSE, NATURAL FLAVORS, MALIC ACID, SUCRALOSE, BEETROOT POWDER (FOR COLOR).

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**STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.**

**CAUTION:** CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT, ESPECIALLY IF YOU ARE PREGNANT OR NURSING.

**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.

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