

## Benefiber® Powder

Benefiber is 100% natural fiber that you can mix with almost anything. It's taste-free, grit-free and will never thicken. So it won't alter the taste or texture of your foods or beverages†. Be creative with Benefiber. Try it in your coffee, juice, yogurt, or in anything that you cook or bake.



### Attributes

- Non-thickening powder
- Sugar-free
- Flavor-free
- Great for cooking
- Dissolves completely in beverages† and soft foods
- Available in 20, 38, 62, 90, 125, and 190 servings

### Ingredient

Wheat dextrin

Gluten-free (less than 20 ppm gluten)

### Supplement Facts

Serving Size: 2 tsp (3.5g)

|                            | Amount Per Serving | %DV* |
|----------------------------|--------------------|------|
| <b>Calories</b>            | 15                 |      |
| <b>Sodium</b>              | 0mg                | 0%   |
| <b>Total Carbohydrates</b> | 4g                 | 1%   |
| Dietary Fiber              | 3g                 | 12%  |
| Soluble Fiber              | 3g                 | †    |
| Sugar                      | 0g                 | †    |

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

†Daily Value not established.



MIX 2 TABLESPOONS  
LARGE GLASS OF WATER  
AM AND PM