



The Smart Choice™

## Your *Daily Fiber* Need

Most people need 25 to 30 grams of dietary fiber each day. But unfortunately, most of us get only 12 to 15 grams a day. Today's busy lifestyles often make getting enough fiber a challenge.

## How *Dietary Fiber* Helps

Soluble fiber like that found in FiberChoice® products can help

- Promote good digestive health\*
- Support colon health\*
- Enhance your immune system to keep you healthy\*
- Control weight by helping you feel full longer and curb cravings\*

## *Compare* Fiber Products

FiberChoice products are a great choice to close that daily fiber gap easily and naturally. One dose of great-tasting chewable tablets (no water required) contains 4 grams of dietary fiber.

FiberChoice chewable tablets are also your best fiber value:

*Most Fiber* per tablet = *Best Value* per bottle

## The *FiberChoice*® Fiber Advantage

- More fiber per tablet
- Made from Inulin, a rich, natural soluble fiber source found in vegetables
- Convenient, great-tasting chewable tablets

## Which *FiberChoice*® product is best for you?

- Regular Orange
- Sugar Free Assorted Fruit
- Weight Management Sugar Free Strawberry
- Plus Calcium Sugar Free Assorted Berry
- Sugar Free Assorted Berry



\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.