

Fruit & Veggie Fiber™

Fruit and Vegetable Fiber

- All-natural fruit and vegetable fiber
- Great-tasting fruit flavor
- Mixes well in water or juice
- 4 grams of fiber in each serving
- 50/50 ratio of soluble and insoluble fiber
- PhytoSorb™ blend of herbs and cellulase



It is no secret that a diet rich in fiber offers a multitude of health benefits. In addition to promoting great health, increasing the fiber in your diet can help you lose weight and maintain your ideal weight for life.* Brenda Watson created the Fiber35 Diet to help you achieve your weight loss goal by using a proven formula that focuses on consuming 35 grams of fiber every day.

The Fiber35 Diet Fruit & Veggie Fiber is a nutrient-dense formula made with more than 25 different fruits and vegetables. Each serving provides a 50/50 blend of soluble and insoluble fiber from over 25 different sources. Soluble fiber dissolves in water and leaves the stomach slowly, adding bulk and absorbing harmful toxins along the way.* Insoluble fiber adds roughage and helps sweep the colon free of debris. Our proprietary PhytoSorb blend of herbs and cellulase helps to stimulate digestion and ease gas and bloating.*

Choose Fruit & Veggie Fiber whenever you want to enjoy the remarkable benefits of whole-food nutrition. Mix it with water or with your favorite beverage for a nourishing boost, or add a delicious hint of fresh fruit flavor to everything from yogurt and smoothies to oatmeal and cereal.

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Supplement Facts

Serving Size: One scoop (9g) Servings Per Container: 30

	Amount / Serving	%Daily Value**
Calories	30	
Total Carbohydrate	7 g	2%
Sugars	2 g	†
Dietary Fiber	4 g	16%
Sugar Alcohols	1 g	†
Sodium	15 mg	1%
Protein	1 g	1%

Proprietary Fruit & Veggie Fiber Blend 7150 mg †

Apple fiber, Acacia fiber, Rice bran (RiceX™ Solubles), Flaxseed, Guar gum (*bean*), Larch fiber (*bark*), Apple Cider vinegar, Raspberry, Apple, Non-GMO Lecithin, Alfalfa juice extract (*whole plant*), Ginger root, Fennel seed powder, Cranberry fruit extract, Beet juice extract, Carrot, Strawberry, Chlorella, Spirulina, Alfalfa (*whole plant*), Beet root, Broccoli, Brussel sprouts, Cabbage, Garlic, Kale, Spinach, Wheat grass (*stem, leaf*), Citrus Bioflavonoids, Pomegranate, Acerola (*fruit*), Saw Palmetto (*fruit*), Bilberry, Grape seed extract, Aloe Vera gel extract (*fillet*)

Proprietary PhytoSorb™ Digestive Blend 50 mg †

Papaya leaf, Cayenne pepper (*fruit*), Coriander seed powder, Cumin seed powder, Gentian root, Black pepper (*fruit*), Peppermint leaf, Spearmint leaf, Cellulase 750 CU Stevia Extract (*leaf*)

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value Not Established

Other ingredients: Xylitol, Natural Flavors, and Citric Acid.

This product contains soy.

Directions: Add one scoop of powder into 8 to 10 ounces of cold water, juice or soft foods (scoop supplied).



*These statements have not been approved by the FDA. This product is not intended to treat, cure, diagnose or prevent disease.



Fruit & Veggie Fiber was formulated by renowned natural healthcare expert Brenda Watson, creator of The Fiber35 Diet and president of ReNew Life Formulas.