

## LEANFIBER

**A revolutionary fiber supplement that mixes easily in any hot or cold beverage without the lumps, grit, thick consistency or tastes of other fiber supplements!**

### LeanFiber:

A superior fiber supplement!

- › No Lumps
- › No Grit
- › Not Thick
- › Bake with it
- › Clear and Tasteless
- › For children and adults

**LeanFiber provides 5 grams of soluble fiber per serving and is designed to support:**

- › Proper bowel function\*
- › Regularity\*
- › Fecal volume\*
- › Beneficial intestinal micro flora\*
- › A clean and healthy digestive tract\*
- › Cholesterol, triglyceride and blood sugar levels within normal ranges\*

**Most Americans do not get enough dietary fiber in their diets.**

It is estimated that on the average, Americans eat 12 grams of fiber daily, which is below the recommended daily amount of 25 to 30 grams suggested by the American Heart Association Science Advisory.

### Fibersol-2

- › **LeanFiber** contains Fibersol-2 brand fiber, which supports balanced intestinal micro flora and because it is so soluble and less dense, it mixes instantly and does not cause bloating or gas like other fiber products.\*

### Fibersol-2<sup>TM</sup> brand fiber is:

- › all natural
- › sugar-free
- › low-calorie
- › 90% soluble fiber
- › from digestion-resistant Maltodextrin

### The LeanFiber Convenience!

- › For people on the go 1 serving of 5 grams in your 2 cups of coffee a day will help you meet your recommended daily amount of fiber!
- › Also try it in: water, coffee, soda, yogurt, applesauce, oatmeal, pudding, mashed potatoes, juice and even sauces or soups.

### Supplement Facts

Serving Size 2 Teaspoons (5.85 gm)

Each serving contains:

Calories	10
Total Carbohydrates	5 g
Total Fiber	5 g
Soluble Fiber**	5 g
Digestion Resistant Maltodextrin (Fibersol-2 <sup>TM</sup> brand)	5.85 g

Other Ingredients: none.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, mix 2 teaspoons (5.85 g) in any hot or cold liquid or food, 1 - 3 times daily, or as directed by your healthcare practitioner.

\*\*Fibersol-2<sup>TM</sup> fiber content is tested using AOAC method #2001.03. Fibersol-2<sup>TM</sup> is a Trademark of Matsutani Chemical Industry Co., LTD.

### Distributed by

**LeanMD**

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