

- 100% natural acacia fiber
- 2 grams of fiber per chew
- Great chocolate taste
- The perfect “on-the-go” fiber wafer
- Great way to add extra fiber to your diet



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 maintain your ideal weight.\* Brenda Watson formulated the Fiber35 Diet products to help you achieve your goal of consuming 35 grams of fiber every day.

Because today's on-the-go lifestyle doesn't always leave time or resources for healthy snacking, each Fiber Chew contains 2 grams of natural acacia fiber in a convenient, bite-sized wafer. Perfectly portable for busy schedules, each decadent chocolate chew is a deliciously easy way to get back on track with your healthy eating regimen. Whenever you want a boost in fiber, simply enjoy a Fiber Chew.

### Fiber Chews - Chocolate

**Directions:** Chew two wafers daily. For additional fiber intake, gradually increase to six to eight wafers as needed. **Note:** This product should be consumed with 8 ounces of water or juice.

### Supplement Facts

	Amount Per Serving	% Daily Value*
Calories	30	
Carbohydrates	6 g	2%
Dietary Fiber	4 g	16%
Acacia fiber	4.4 g	†
Stevia	10mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**Other ingredients:** Xylitol, Vegetable Fiber, Natural Chocolate Flavor, Silica, Vegetable Stearate.

