



# FAST FACTS ABOUT ALL NATURAL FIBER FOOD AND DRINK MIX

For generations, fiber has been associated with regularity; scientific research supports this important dietary function of fiber as well as other significant health benefits. GNLD's All-Natural Fiber Food and Drink Mix is a tasty and convenient beverage providing 8 grams of soluble and insoluble fiber in each serving, and especially rich in oat fiber, which is shown by research to particularly support heart health.

## WHY A FIBER FOOD AND DRINK MIX?

- The average person consumes only HALF the dietary fiber needed for long-term good health.
- Boosting fiber intake can help maintain regularity naturally, without habit-forming drugs.
- Increased fiber intake with meals can help you feel fuller and lose weight safely and naturally.

## WHY GNLD ALL-NATURAL FIBER FOOD AND DRINK MIX?

- **Complete fiber.** All-Natural Fiber Food and Drink Mix features a blend of soluble and insoluble fibers from 12 natural, whole-food sources, including whole oats, fruits, and vegetables, because different types of fiber confer different health benefits.
- **Provides cellulose, hemicellulose, gum, lignin, and pectin** — all five types of dietary fiber necessary to maintain good health.
- **Concentrated and delicious.** Each serving of All-Natural Fiber Food and Drink Mix provides 8 grams of dietary fiber, plus added protein, fructose and complex carbohydrates for good taste and smooth texture.
- **Exclusive Neo-Polyfibe.** Features soy polysaccharide (the “cellular matrix” of the heart of the soybean), blended with specially selected whole oat and acerola cherry fiber, to help absorb cholesterol and carry it out of the body without robbing trace nutrients.
- Contains no corn or wheat proteins, no preservatives, and no sulfites.
- **Only 1 gram of fat per serving, no cholesterol, and no added salt.**
- **Delicious alone, or mixed with favorite foods.** Convenient powder can be mixed with water for a low-fat, high-fiber taste treat, or added to favorite drinks and recipes.
- **Naturally sweetened and flavored.** Fructose provides wholesome good taste with no added sucrose; whole fruit and nut powders create delectable flavor and texture.



**ALL NATURAL FIBER**  
Food and Drink Mix

The convenient way to achieve a whole-food, high-fiber diet.

For generations, fiber has been associated with regularity, but there are other health benefits as well. Scientific research has shown that a diet low in saturated fat and cholesterol and high in fruits, vegetable and grain products that contain fiber may:

- Reduce your risk of certain forms of cancer, a disease associated with many factors.
- Reduce your risk of heart disease, a disease associated with many factors, by helping to lower blood cholesterol.

Yet the average American adult consumes only 10-20 grams of dietary fiber per day — just about HALF the amount recommended by the National Cancer Institute.

GNLD All Natural Fiber Food and Drink Mix offers a simple and natural way to achieve a whole-food, high fiber diet. Each serving provides:

- 8 grams of dietary fiber, plus added protein, fructose, and complex carbohydrates for good taste and smooth texture.
- A balanced blend of soluble and insoluble fibers from whole foods — including whole oats, fruits, and vegetables — because the sources of fiber you consume, as well as the amount, are directly related to the health benefits you receive.
- Exclusive Neo-Polyfibe. Soy polysaccharide fiber (the “cellular matrix” of the heart of the soybean), blended with specially selected whole oat and acerola fiber. Unlike simple bran, Neo-Polyfibe can help absorb cholesterol from the intestine and carry it out of the body, without robbing trace minerals the way some other fiber products can do. Available ONLY in GNLD fiber supplements!
- Backed by 4 decades of nutritional expertise and scientific research.
- No corn or wheat. No cholesterol, no preservatives, no sulfites, and no added salt (all sodium is naturally occurring).

**DIRECTIONS:** Mix 3 rounded tablespoons (28 grams) of All Natural Fiber Food and Drink Mix in 8 fl. oz. of 1% lowfat milk, water, or your favorite juice and blend well. Add All Natural Fiber Food and Drink Mix to your favorite GNLD protein drinks (mix as directed). In your refrigerator baked goods, sauces, pasta, casseroles, etc., add 2 or more tablespoons for a fiber boost.

Just about anything you make can be made BETTER with added fiber!

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**Nutrition Facts**  
Serving Size: 28 grams (3 Well Rounded Tablespoons)  
Servings Per Container: 18

Amount Per Serving	Fiber Powder Only	Fiber Powder with 8 fl. oz. 1% Lowfat Milk
<b>Calories</b>	80	180
Calories from Fat:	10	30
	<b>Amount in mix</b>	<b>% Daily Value**</b>
<b>Total Fat</b>	1 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	-
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	80 mg	3%
<b>Potassium</b>	160 mg	5%
<b>Total Carbohydrates</b>	23 g	8%
Dietary Fiber	8 g	32%
Soluble	2 g	-
Insoluble	6 g	-
Sugars	2 g	-
<b>Protein</b>	2 g	-
Vitamin A	-	10%
Vitamin C	-	4%
Calcium	6%	35%
Iron	-	-
Vitamin D	-	25%
Thiamine	2%	8%
Riboflavin	10%	35%
Vitamin B6	-	6%
Folic Acid	-	2%
Vitamin B12	2%	15%
Pantothenic Acid	4%	15%
Phosphorus	8%	30%
Magnesium	4%	15%
Zinc	-	6%

\* Contains less than 2 percent of the Daily Value of these nutrients.  
\*\* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate	Less than	300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

**INGREDIENTS:** WHEY POWDER (MILK), MALTODEXTRIN, PSYLLIUM SEED, NEO-POLYFIBE (SOY FIBER, WHOLE OAT FIBER, ACEROLA FIBER), PEA FIBER, FRUCTOSE, SOY FIBER, APPLE FIBER, BANANA POWDER, SOY LECITHIN, GUAR GUM, PRUNE POWDER, ALMOND POWDER, APRICOT POWDER, SOY OIL, NATURAL FLAVORS.