



Forever Fiber™

Gluten-Free
Water-Soluble
High in Fibre
Food Supplement

30
Packets

Net Weight: 183 g

Forever Fiber™ provides a proprietary blend of 5g of water-soluble fibre that can readily be mixed with any beverage to help you get more fibre daily.

Use instructions: Drink 1 packet daily. For best results, pour contents of one packet into a glass, add Forever Aloe Vera Gel™, water, or other liquid and mix thoroughly.

Warnings: Keep out of reach of young children. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

Do not use if carton is not sealed properly or if packet is punctured, torn, or damaged. Store in a cool, dry place.

Best before end: See bottom of container



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Nutritional Values

Recommended daily dosage: 1 Packet (6.1 g)
Daily doses per container: 30

	Amount per 100 g	Amount per daily dosage	% RI*
Energy	718 kJ 169 kcal	42 kJ 10 kcal	8.5 %
Fats	0 g	0 g	-
of which saturates	0 g	0 g	-
Carbohydrate	11 g	0.7 g	4.2 %
of which sugars	1.5 g	0.1 g	1.6 %
Fibre	82 g	5.0 g	-
Protein	0 g	0 g	-
Salt	0.5 g	0.03 g	8.5 %

*RI= Reference Intake, - RI not determined
Reference intake of an average adult
(8400 kJ/ 2000 kcal)

Ingredients: Acacia gum, corn fibre, dextrin, fructooligosaccharides

FOREVER LIVING  PRODUCTS®

Imported and distributed by
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Forever Living Products UK LTD,
Longbridge Manor, Warwick, CV34 6RB, UK
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J22EU
SKU 464

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