

# Forever Fiber

## Short Summary:

Fibre is a vital part of any healthy balanced diet and *Forever Fiber* makes it easy for you to add additional fibre to your daily intake.

## Long Summary:

Fibre is a vital part of any healthy balanced diet and *Forever Fiber* makes it easy for you to add additional fibre to your daily intake. The convenient sachets contain a mild tasting, quick-dissolving powder, which can effortlessly add 5g of fibre – the equivalent of almost two slices of whole wheat toast – to any beverage.



CODE:

464

QUANTITY:

30 packets

## Suggested Use:

Mix one stickpack of *Forever Fiber* with water, *Forever Aloe Vera Gel*, or your desired beverage, daily. For best results, pour contents of one packet into a glass, add your beverage of choice and mix thoroughly. You can also sprinkle on food. It is suggested to leave 30 minutes between taking *Forever Fiber* and any other dietary supplements as it may impact their absorption.

## Warning:

Keep out of reach of young children. Store tightly closed in a cool, dry place. Do not use if seal is broken or missing. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, planning pregnancy, taking any medications or are under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose.