



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. All Natural Fiber Food and Drink Mix is a tasty and convenient beverage providing 6 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.*



Neolife Scientific
Advisory Board

#3706, 22.2 oz.
(30 servings)

Why a Fiber and Food 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 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 6 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.
- Each serving provides as much fiber as two apples.
- **Delicious alone, or mixed with favorite foods.** Convenient powder can be mixed with water for a low-fat, high-fiber drink, or added to favorite Neolife protein drinks and recipes to boost fiber content.
- **Naturally sweetened and flavored.** Fructose provides wholesome good taste with no added sucrose; whole fruit and nut powders create delectable flavor and texture.
- Contains no corn or wheat proteins and no sulfites.
- Less than 1 gram of fat per serving, no cholesterol, and no added salt.
- **No artificial colors, flavors, sweeteners, preservatives, or sodium added.**
- Gluten Free

ALL NATURAL FIBER FOOD AND DRINK MIX

Nutrition Facts

Serving Size: 3 tablespoons (21 g)
Serving Per Container: 30

Amount Per Serving	Drink Mix	1% Lowfat Milk	Drink Mix with 8 fl. oz.
Calories	60		160
Calories from Fat	10		30
	Amount in Mix	% Daily Value**	
Total Fat	Less than 1 g	1%	5%
Saturated Fat	0 g	0%	8%
Trans Fat	0 g		
Cholesterol	0 mg	0%	3%
Sodium	60 mg	3%	7%
Potassium	120 mg	3%	14%
Total Carbohydrate	17 g	6%	10%
Dietary Fiber	6 g	24%	24%
Soluble	1 g		
Insoluble	5 g		
Sugars	5 g		
Protein	2 g	4%	20%
Vitamin A		0%	10%
Vitamin C		0%	4%
Calcium		6%	35%
Iron		0%	0%
Vitamin D ₃		0%	25%
Thiamine		0%	6%
Riboflavin		8%	35%
Vitamin B ₆		0%	6%
Folic acid		0%	2%
Vitamin B ₁₂		0%	15%
Pantothenic acid		4%	15%
Phosphorus		6%	25%
Magnesium		4%	15%
Zinc		0%	6%
**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		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g
Calories per gram	Fat 9	Carbohydrate 4	Protein 4

INGREDIENTS: Whey powder, maltodextrin, Neo-Polyfibe (soy fiber, whole oat fiber, acerola), psyllium seed, pea fiber, fructose, soy fiber, apple fiber, banana powder, soy lecithin, guar gum, prune powder, almond powder, apricot powder, soy oil and natural flavors. Contains milk, soy and tree nuts (almond, hazelnut).

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

- Promote regularity
- Reduce your risk of certain forms of cancer*
- Reduce your risk of heart disease by helping to lower blood cholesterol†

† Diseases associated with many factors

Each serving provides:

- A rich source of dietary fiber.
- A balanced blend of soluble and insoluble fibers from whole foods.
- Exclusive Neo-Polyfibe. 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.

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