

Supplement Facts

Serving Size 1 level tablespoon (12g)

Servings Per Gusset: 32

	Per Serving	Per 100g	%DV*
ENERGY	25kcal	208kcal	
TOTAL CARBOHYDRATE	10g	83g	4%
DIETARY FIBRE	10g	83g	40%
SOLUBLE FIBRE	7g	8g	†
INSOLUBLE FIBRE	3g	25g	†
SUGARS	0g	0g	†
PROTEIN	0g	0g	0%
FAT	0g	0g	0%
SATURATED FATTY ACIDS	0g	0g	0%
TRANS FATTY ACIDS	0g	0g	†
CHOLESTEROL	0g	0g	0%
SODIUM	20mg	167mg	1%
CALCIUM	29mg	242mg	2%
MAGNESIUM	4mg	33mg	2%
IRON	1mg	8mg	6%

★Daily Value Based on U.S. Recommended Daily Allowance.

Other Ingredients:

Ingredients: Psyllium, Inulin, Cellulose, Gum Arabic, Rice Bran, Citrus Pectin, Flaxseed Meal, Citric Acid, Natural Flavour.