

## Insoluble Fiber for Easier Use.

Unlike most fiber supplements, UniFiber® is an insoluble fiber – similar to the types of fiber found in nuts and whole grains. Insoluble fiber does not require water to do its job, so it does not cause gas or bloating associated with many other fiber supplements. UniFiber® adds bulk to your stool which helps food pass more quickly through the stomach and intestines. Also, since UniFiber® is an ultra-fine, grit-free, tasteless powder, it can be added to your favorite recipe without changing the flavor.



## Benefits

- Insoluble fiber for easier use.\*
- Tasteless – cooks and blends into your favorite recipes.\*
- Promotes regularity.\*
- Helps prevent and relieve occasional constipation.\*
- Gluten free.\*
- Does not alter effectiveness of vitamins or medications.\*

## Cautions

**WARNING:** DrNatura® products should not be used by pregnant or nursing women, by children under 6, or by anyone with a serious medical condition. Do not use DrNatura® products if you are allergic to any of the ingredients. If you are taking any medications, consult with a healthcare professional before using DrNatura® products. Store in a cool, dry place. Do not expose to excessive heat for long periods of time. Keep tightly closed.

This product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

## Main Ingredients

Each Tbsp Contains:

Calories .....	5
Total Carbohydrates .....	4 g
Dietary Fiber .....	3 g
Insoluble Fiber .....	3 g
Sodium .....	10 mg

## Other Ingredients

Cellulose, Maltodextrin, Xanthan Gum  
Contains a Bioengineered Food ingredient

## Suggested Use

Unifiber® can be taken up to 3 times daily or as recommended by a doctor or pharmacist. Generally produces effect in 12-72 hours.

12 years old – Adults: One tablespoon of Unifiber®. Up to 3 times daily.

Children 6-11 years old: 1/2 tablespoon. Up to 2 times daily.

Children under 6 years old: Ask your doctor or pharmacist.



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\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.