

## Health Basics

- Provides at least 12 grams of fiber
- Low glycemic
- 80 calories
- Peach Mango Fibergy is gluten free

## Fibergy Difference

- **Fibergy** contains 14 sources of fiber. Consuming multiple sources of dietary fiber is important because different types of fiber provide specific benefits and serve unique purposes within the body.



ITEM# 221



ITEM# 220

*Low-fat diets rich in dietary fiber, particularly soluble fiber, may reduce the risk of coronary heart disease and decrease the risk of some types of cancer, a disease associated with many factors.<sup>1</sup> However, because of poor eating habits, many people don't get enough of the fiber necessary for optimal health. **Fibergy®** is a convenient, low-glycemic way to add more fiber to your diet. For those with celiac disease or wheat allergies, Peach Mango **Fibergy** is gluten free.<sup>†</sup>*

## Fibergy® Drink Mix

Almond Crème and gluten-free<sup>†</sup> Peach Mango **Fibergy** are great-tasting ways to get at least 12 grams of fiber from multiple sources in a single serving. Consuming multiple sources of fiber can be beneficial because different types of fiber provide specific benefits and act in different ways in the body.\*

## References

1. Wolk A, et al. JAMA 1999;281(21):1998-2004.

## Peach Mango Fibergy®

**Directions:** Mix (2) two scoops with 7 oz. of water. Enjoy immediately.

Nutrition Facts			
Serving Size 2 scoops (29 g)			
Servings per Container 14			
Amount per serving			
<b>Calories</b>	80		
Calories from fat	10		
		% Daily Value*	
<b>Total Fat</b> 0.5 g			1%
Saturated Fat 0 g			0%
Trans Fat 0 g			0%
<b>Cholesterol</b> 0 mg			0%
<b>Sodium</b> 125 mg			5%
<b>Potassium</b> 440 mg			13%
<b>Total Carbohydrate</b> 24 g			8%
Dietary Fiber 13 g			52%
Soluble Fiber 7 g			
Insoluble Fiber 6 g			
Sugars 10 g			
<b>Protein</b> 1 g			
Vitamin A	25%	•	Vitamin C 2%
Calcium	10%	•	Iron 2%
Vitamin D	0%	•	Phosphorus 15%
Magnesium	0%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Fiber		25 g	30 g

**INGREDIENTS:** Fiber Blend (Gum arabic, Soy fiber, Corn bran, Psyllium, Xanthan gum, Pea fiber, Apple fiber, Rice bran, Inulin, Sugar beet fiber, Oligofructose, Guar gum, Nopal cactus fiber, Carrot powder, Cellulose gum), Fructose, Natural flavors, Non-dairy creamer [high oleic sunflower oil, corn syrup solids, sodium caseinate (a milk derivative), mono- and diglycerides, dipotassium phosphate, soy lecithin, tocopherols (to protect flavor)], Dipotassium phosphate, Salt, Citric acid, Beet juice powder (natural color), Beta carotene (natural color).

**CONTAINS:** Soy, Milk. Produced on equipment that also processes Eggs, Peanuts, Tree Nuts, Sesame, and Shellfish.

<sup>†</sup>For our customers with sensitivity to gluten, no wheat is used as an ingredient in this product. However, this product is produced in a facility that may manufacture other products that do contain wheat.

## Almond Crème Fibergy®

**Directions:** Mix (2) two scoops with 7 oz. of water. Enjoy immediately.

Nutrition Facts			
Serving Size 2 scoops (29 g)			
Servings per Container 14			
Amount per serving			
<b>Calories</b>	110		
Calories from fat	20		
		% Daily Value*	
<b>Total Fat</b> 2 g			3%
Saturated Fat 0 g			0%
Trans Fat 0 g			0%
<b>Cholesterol</b> 0 mg			0%
<b>Sodium</b> 150 mg			6%
<b>Potassium</b> 400 mg			11%
<b>Total Carbohydrate</b> 26 g			9%
Dietary Fiber 12 g			48%
Soluble Fiber 6 g			
Insoluble Fiber 6 g			
Sugars 10 g			
<b>Protein</b> 2 g			
Vitamin A	35%	•	Vitamin C 0%
Calcium	15%	•	Iron 2%
Phosphorus	10%	•	Magnesium 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Fiber		25 g	30 g

**INGREDIENTS:** Fiber Blend (Soy Fiber, Gum Arabic, Oat Bran, Wheat Bran, Cellulose Gum, Pea Fiber, Xanthan Gum, Carrageenan, Citrus Pectin, Corn Bran, Locust Bean Gum, Apple Fiber, Inulin, Oligofructose), Fructose, Xylitol, Sunflower Oil, Corn Syrup Solids, Natural Flavors, Sodium Caseinate (a milk derivative), Dipotassium Phosphate, Potassium Chloride, Salt, Mono- and Diglycerides, Beta Carotene (color), Soy Lecithin, Tocopherol (to protect flavor), Tricalcium Phosphate.

**CONTAINS:** Soybean, milk, and wheat and is produced on equipment that is used to produce products that contain peanuts, tree nuts, eggs, sesame, and shellfish.

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.