

FIBRE SUPPLEMENT

EXCLUSIVELY AVAILABLE
THROUGH YOUR
**HERBALIFE
INDEPENDENT
DISTRIBUTOR**



Nutritional information, average serving:

	pro 100 g	Per 6 tablets
Energy	330 kcal 1381 kJ	19,9 kcal 83,3 kJ
Protein	2,9 g	0,17 g
Carbohydrates	70,7 g	4,27 g
Fats	3,5 g	0,21 g
Dietary Fibre	54,5 g	3,29 g

Ingredients:

Oat fibre (38%), bulking agents (calcium carbonate, dicalcium phosphate), starch, anticaking agents (fatty acids, silicon dioxide, magnesium salts of fatty acids), thickener (acacia gum), peppermint powder (2%), parsley herb powder (2%), orange blossom powder (2%), hibiscus flower powder (2%), fennel seed powder (2%), eucalyptus powder (2%), chamomile flower powder (2%), maltodextrin, stabilizers (hydroxypropyl methyl cellulose, hydroxypropyl cellulose), apple cider vinegar (1%), glazing agents (sodium carboxy methyl cellulose, lecithin from soy), papaya fruit powder (0.5%), dextrin, dextrose.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

Core Nutrition

Fibre & Herb is high in soluble fibre which helps to optimise your digestive health by supporting the body's natural elimination of waste and toxins.

KEY BENEFITS

- A nutritional supplement to help you increase your daily fibre intake to support digestive health
- High in soluble fibre to help the body with the natural elimination of waste and toxins
- Ideal to use in conjunction with Herbalife Formula 1 shakes and Formula 2 Multivitamin Complex as part of your weight management programme and to support overall healthy nutrition

WHY DO YOU NEED IT?

Getting enough fibre in the diet is essential for healthy digestive function. One of the many well known benefits of adequate fibre intake is its role to speed up the passage of food and to help eliminate toxins from the body. Studies suggest that Western diets are low in fibre; the average adult consumption of fibre is typically around 17g per day in Europe. Yet it is recommended your body needs 24 to 30g of fibre to optimise your digestive system.

USAGE

Take two tablets with each meal, three times per day.

This product may be used in conjunction with Herbalife Formula 1 Nutritional Shake Mix and Herbalife Formula 2 Multivitamin Complex.



ALSO TRY

Use Formula 2 Multivitamin Complex in conjunction with Formula 1 shakes as part of your weight-management programme or to support overall healthy nutrition.

Your Herbalife Independent Distributor is: