

DIRECTIONS: Mix a full serving, 1 rounded tablespoon (14g), into 10-12 oz. of juice. Or, mix a half serving, 2 rounded teaspoons (7g), with USANA Nutrimeal. For best results, mix in a BlenderBottle® for 45 seconds. Enjoy immediately.

CAUTION: This food should be eaten with at least a full glass of liquid. Eating this product without enough liquid may cause choking. Do not eat this product if you have difficulty in swallowing. If you are taking any medications (prescription and/or over-the-counter) take this product at least 2 hours before or 2 hours after your medication.

Nutrition Facts

Serving Size: 1 rounded tablespoon (14g)

Servings Per Container: 28

Amount Per Serving

Calories 30

Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 12g 4%

Dietary Fiber 12g 48%

Soluble Fiber 8g

Insoluble Fiber 4g

Sugars 0g

Protein 0g 0%

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

* 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	65g	80g
Sat. fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Psyllium, Inulin, Cane Fiber, Gum Arabic, Rice Bran, Citrus Pectin, Flaxseed Meal, Citric Acid, Natural Flavor.

Produced on equipment that also processes: peanuts, tree nuts, eggs, sesame, and shellfish.

‡**For our customers sensitive to dairy, soy, and gluten:** No dairy, soy, or gluten-containing ingredients are used in this product. However, USANA Fibergy Plus is produced in a facility that manufactures other foods that do contain dairy, soy, and gluten.

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