

YOR FIBER PLUS TM

GOOD SOURCE OF OMEGA-3

DIRECTIONS: Mix ½ a scoop with 6-8 oz. of water, YOR SuperGreens, YOR MRP®, or juice. Take ½ a scoop in the morning & ½ a scoop at midday or at night. Over the next several days, gradually increase according to your personal tolerance and comfort level, so that you are eventually taking 2 scoops a day: 1 scoop in the morning and 1 scoop at midday or at night. Drink a minimum of 8-10 glasses of water throughout the day.

Supplement Facts		
Serving Size: 2 scoops (8.02 g)		Servings Per Container: 28
	Amount Per Serving	%DV*
Calories	30	
Calories from Fat	<5	
Total Fat	0.5 g	1%
Omega-3 Alpha Linolenic Acid	0.177 g	
Total Carbohydrate	7 g	2%
Dietary Fiber	5.5 g	21%
Soluble Fiber	5 g	
Insoluble Fiber	0.5 g	
Protein	< 1 g	< 1%
YOR TRI-SOLUFIBER BLEND	6940 mg	**
Sunfiber® (partially hydrolyzed non-GMO guar gum), Fibregum™ (organic acacia fiber), Inulin (chicory root)		
YOR OMEGA-LIGNAN BOOST	755 mg	**
Omega-3 Veggie Complex [standardized to 25% Omega-3 Alpha Linolenic Acid (177 mg)], Organic Flaxseed, HMRlignan™ Norway Spruce SDG lignan extract (knotwood) (15 mg)		
YOR WHOLE FOOD FIBER BLEND	115 mg	**
Apple, Banana, Jerusalem artichoke (leaf), Chicory (root)		
YOR NDS™ PATENT PROTECTED BLEND	50 mg	**
Biodiastase (amylase, protease, cellulase), Newlase (protease, lipase), YORzyme™ (protease, cellulase), Lipase AP-12		
* Percent Daily Values are based on a 2,000 calorie diet		
** Daily Value not established.		

Other Ingredients: Natural flavors

YOR Fiber Plus™ is vegetarian. It does not provide a significant amount of sugars.

Do not use if safety seal is broken, damaged or appears to have been tampered with. Persons under the age of 18 should not use without clearance from a physician. Consult your physician if you are pregnant, nursing, taking a prescription drug, or have any medical conditions. Notice: Fiber can delay the absorption of antibiotics. Do not take with antibiotics. Consuming this product without enough liquid may cause choking. **KEEP OUT OF REACH OF CHILDREN.**

Storage: Keep tightly sealed in a cool, dry place away from moisture, sunlight, and excessive heat.

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To report product satisfaction, adverse effects or comments, please call us at: (949) 681-6090.