

HELPS YOU FEEL FULLER LONGER**†

Supplement Facts

Serving Size 4 tsp (8 g)
Servings Per Container 31

	Amount Per Serving	% DV
Calories	30	
Total Carbohydrate	8 g	3%†
Dietary Fiber	6 g	21%†
Soluble Fiber	6 g	*
Total Sugars	0 g	*

† Percent Daily Values (DV) are based on a 2,000 calorie diet.
* Daily Value not established.

Ingredient: wheat dextrin§

§The wheat has been processed to allow this food to meet the Food and Drug Administration (FDA) requirements for gluten-free foods.



If you are pregnant, nursing, taking medications or supplements, and/or have medical conditions, talk to your healthcare provider before use.

KEEP OUT OF REACH OF CHILDREN.

Do not exceed suggested use.

Not a substitute for a balanced diet.

Store at controlled room temperature 20-25°C (68-77°F). Protect from moisture.

Tamper Evidence Feature: Do not use if printed inner safety seal under cap is broken or missing.

Packaged by weight, not volume.
Contents may settle during shipping and handling.

Questions? Comments?
1-800-452-0051

✓ Benefiber guarantees your satisfaction or your money back.

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Benefiber

PREBIOTIC
FIBER SUPPLEMENT

PLANT
BASED
FIBER

Benefiber is a plant based prebiotic fiber.

NOURISHES
GOOD
BACTERIA

What is Prebiotic Fiber?
Prebiotic fiber nourishes the good bacteria in your gut to support an environment for good digestive health. What's good for your gut is good for you.*

GMO

NON-GMO

Benefiber dissolves completely in your beverages and foods – water, coffee, yogurt. Not suitable for carbonated or alcoholic drinks.

• Clear & Taste-Free • Sugar-Free • Gluten-Free

EFFORTLESS EVERYDAY FIBER

SERVING SUGGESTION: Adults 12 years and older



For the benefits of
Digestive Health*

4 teaspoons
a day



For the benefit of
Helping you feel fuller longer**

1/4 teaspoons,
twice a day

DIRECTIONS:

Add to 4-8 oz of any beverage or soft food (hot or cold), stir well until dissolved for up to 60 seconds.
Not recommended for carbonated beverages.

*Clinical studies show benefits with daily use.

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HALEON

PLANT
BASED
FIBER

Benefiber

PREBIOTIC
FIBER SUPPLEMENT



DIETARY SUPPLEMENT

Sugar-Free

Taste-Free

NOURISHES
GOOD
BACTERIA*

124
TEASPOONS

NET WT.
8.7 OZ (248 g)

*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.