

Benefiber

**PREBIOTIC
FIBER SUPPLEMENT**

Assorted Fruit
Chewables



No Water
Required

Benefiber Chewable Tablets – all the goodness of Benefiber in a great-tasting, easy to take chewable tablet!

Benefiber is a plant based prebiotic fiber.



What is Prebiotic Fiber?
Prebiotic fiber strengthens and **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.*

• Sugar-Free • Gluten-Free

DIRECTIONS

Adults: Chew 3 tablets up to 3 times daily to supplement the fiber content of your diet.

For optimal results, use 3 times per day.

AGE	SERVINGS
12 yrs. and above	3 tablets up to 3 times daily†
6 to 11 yrs.	1½ tablets up to 3 times daily††
Under 6 yrs.	Ask your doctor

†Not to exceed 9 tablets per day

††Not to exceed 4½ tablets per day

Tamper Evident Feature:

Do not use if printed inner safety seal under cap is broken or missing.

*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.

PLANT
BASED
FIBER

gsk

Benefiber

**PREBIOTIC
FIBER SUPPLEMENT**



Assorted Fruit
Chewables

Great Tasting & Sugar-Free!

100
CHEWABLE
TABLETS

Supplement Facts

	6-11 Yrs.	12 Yrs. and above
Serving Size:	1 ½ Tablets	3 Tablets
Servings Per Container:	66	33

Amount Per Serving	%DV*	%DV*
Calories	15	30
Total Carbohydrate	4 g 1%*	8 g 3%*
Dietary Fiber	2 g 7%*	3 g 11%*
Soluble Fiber	2 g †	3 g †
Total Sugars	0 g †	0 g †

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Ingredients: wheat dextrin[§], sorbitol, corn starch, microcrystalline cellulose, dextrates, citric acid, natural and artificial flavor (soy), magnesium stearate, silicon dioxide, sucralose, aspartame[™], acesulfame potassium, red 40 lake, yellow 6 lake, blue 1 lake

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

****PHENYLKETONURICS: CONTAINS PHENYLALANINE**

Keep out of reach of children.

If you are pregnant or nursing a baby, ask a healthcare professional before use.

Not a substitute for a balanced diet.

The chewable tablet is not to be used in children under the age of 5 years due to the risk of choking.

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

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