



# Fiber Advantage Bar

## Fiber, Meet Flavor

## EVERY BODY NEEDS FIBER



- Dietary fiber is the indigestible portion of plant foods.
- Food sources include whole grain breads, cereals, legumes, nuts, fruits, and vegetables.
- Fiber is an essential nutrient with many health benefits, like helping to keep your digestive system running smoothly.
- Big or small, old or young, every BODY needs fiber.

## DID YOU KNOW?



The recommended amount of dietary fiber for an adult is 25–35 g. Most Americans get much less than that.

Dietary fiber intake continues to be **50%** less than recommended in the United States with usual intakes averaging only **15 g per day**.

## DID YOU KNOW?



Fruits provide only **10%** of the fiber in the U.S. diet because of low fruit consumption and the low amount of fiber in fruits.

## DID YOU KNOW?



Occasional constipation is one of the most common gastrointestinal complaints in the U.S.!

More than **4 million Americans** suffer from it, accounting for 2.5 million doctor visits.

One of the most common causes is related to diet: not enough fiber.

## PUBLIC HEALTH EXPERTS RECOMMEND GETTING MORE FIBER!

The American Dietetic Association says,  
*“The public should consume adequate amounts of  
dietary fiber.”*

The American Heart Association recommends that  
*Americans consume 25–30 g of fiber each day.*



- 8 grams of fiber
- Promotes digestive health
- 100% natural and 100% delicious
- Contains a blend of grains, fruits, and vegetables
- Great taste
- 120 calories
- No saturated fat
- Low sodium
- Gluten free
- Star-K kosher certified

# EAT THIS...OR THAT

One delicious Shaklee Fiber Advantage Bar delivers 8 grams of fiber to help promote healthy digestive function.

**So exactly how much is 8 grams of fiber?**



# FIBER ADVANTAGE BAR

## The Shaklee Difference

- **Always Safe**
  - 100% natural
  - No artificial flavors, sweeteners, colors or preservatives added
  - Gluten free
- **Always Works**
  - 32% Daily Value of fiber
  - Promotes regularity
  - Contains prebiotic fiber to support intestinal microflora that promotes digestive and colon health
- **Always Green**
  - Recyclable packaging



# FIBER ADVANTAGE BAR

| <b>Nutrition Facts</b>  |              |          |          |
|---|--------------|----------|----------|
| Serving Size: 1 Bar (40 g)  |              |          |          |
| Servings Per Container: 8   |              |          |          |
| <b>Amount Per Serving</b>   |              |          |          |
| <b>Calories 120</b>   |              |          |          |
| Calories from Fat 15  |              |          |          |
|   | <b>% DV*</b> |          |          |
| <b>Total Fat</b> 1.5 g  | <b>2%</b>    |          |          |
| Saturated Fat 0 g   | <b>0%</b>    |          |          |
| Trans Fat 0 g   |              |          |          |
| <b>Cholesterol</b> 0 mg   | <b>0%</b>    |          |          |
| <b>Sodium</b> 65 mg   | <b>3%</b>    |          |          |
| <b>Total Carbohydrate</b> 31 g  | <b>10%</b>   |          |          |
| Dietary Fiber 8 g   | <b>32%</b>   |          |          |
| Sugars 11 g   |              |          |          |
| <b>Protein</b> 1 g  | <b>2%</b>    |          |          |
| Vitamin A 0% • Vitamin C 0%   |              |          |          |
| Calcium 4% • Iron 4%  |              |          |          |
| Vitamin E 2%  |              |          |          |
| *Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |              |          |          |
|   | Calories     | 2,000    | 2,500    |
| Total Fat   | Less than    | 65 g     | 80 g     |
| Sat Fat   | Less than    | 20 g     | 25 g     |
| Cholesterol   | Less than    | 300 mg   | 300 mg   |
| Sodium  | Less than    | 2,400 mg | 2,400 mg |
| Total Carbohydrate  |              | 300 g    | 375 g    |
| Dietary Fiber   |              | 25 g     | 30 g     |
| Protein   |              | 50 g     | 65 g     |



**INGREDIENTS:** FIBER ADVANTAGE BLEND (JACACIA GUM, ROLLED OATS, ISOMALTOOLIGOSACCHARIDES, INULIN, RESISTANT STARCH (FROM CORN), OAT FIBER), ORGANIC BROWN RICE SYRUP, ORGANIC BROWN RICE CRISP (ORGANIC BROWN RICE FLOUR, ORGANIC DRIED CANE SYRUP, ORGANIC MOLASSES, SEA SALT), APPLE, DATE PASTE, RAISIN PASTE, GLYCERIN, BROWN SUGAR, ORGANIC VEGETABLE BLEND (ORGANIC CARROT, ORGANIC SPINACH, ORGANIC CABBAGE, ORGANIC BEETS, ORGANIC BROCCOLI, ORGANIC TOMATO, ORGANIC KALE, ORGANIC PARSLEY, ORGANIC COLLARDS, ORGANIC CUCUMBER, ORGANIC CAULIFLOWER, ORGANIC GREEN PEPPER, ORGANIC CELERY), HIGH OLEIC SUNFLOWER OIL, NATURAL FLAVOR, CINNAMON, MIXED TOCOPHEROLS, SEA SALT.

# GET THE FIBER YOU NEED AND THE TASTE YOU CRAVE



#21220



We stand behind each and every one of our products. The ingredients, purity, safety, and performance of all our Nutrition, Healthy Home, and Personal Care products are 100% guaranteed.