



Manufactured in the USA by:  
**Douglas Laboratories**  
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**Suggested Use:** As a dietary supplement, adults take 3 capsules with at least 8 ounces of water twice daily, or as directed by your healthcare professional. The capsules may also be pulled apart, if desired, and the contents stirred into 8 ounces of water or juice.

Fiber-Plex™ contains a grain-free blend of dietary fiber components including cellulose, hemicellulose, pectic substances, mucilages, algal polysaccharides, lignin, and other naturally occurring fiber related substances.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

FPC

# Fiber-Plex™

A Dietary Supplement



120 Capsules

## Supplement Facts

Serving Size 3 capsules  
 Servings Per Container 40

Amount Per Serving	%DV
Dietary Fiber .....	0.5 g 3%
<b>Proprietary blend .....</b>	<b>1.5 g</b>
Glucomannan .....	*
Carrot Root .....	*
Celery Stalk and Leaves .....	*
Citrus Pectin .....	*
Apple Pectin .....	*
Sodium Alginate.....	*
Slippery Elm Bark.....	*

\*Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose, water, and magnesium stearate.