



PRO-FIBER™

A Nutritious Source of Fiber



NON-GMO



VEGAN



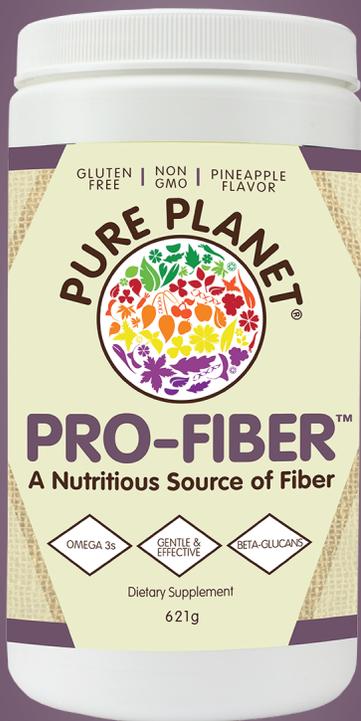
GLUTEN - FREE



SOY-FREE



DAIRY-FREE



OMEGA 3s

BETA GLUCANS

Not all fibers are created equal; Pro-Fiber is fast, effective, gentle and non-dehydrating. Antioxidants, omega 3 fatty acids, and cholesterol controlling soluble fibers are just some of the beneficial phytochemicals contained in this tried and true formula.

- **Gluten-free and non-GMO, made with organic ingredients**
- **Great source of soluble fiber**

SUGGESTED USE: Mix 3 tablespoons in water, juice, or smoothie. For best results, let stand for 5 minutes. Best taken on an empty stomach before bed. Take 1x to 2x daily. Always drink lots of water daily.

INGREDIENTS: Organic flax powder, organic rice protein, organic psyllium husk powder, stabilized rice bran, organic apple fiber powder, organic cactus powder, organic inulin Jerusalem artichoke, organic chia seed powder, organic fennel seed powder, organic amaranth sprout powder, organic black walnut hull, natural pineapple flavor, glucomannan.

Supplement Facts

Serving Size: 3 tablespoons (20,700mg)

	Amt. Per Serv. % DV*
Organic Flax Powder	6361mg †
Organic Rice Protein	2681mg †
Organic Psyllium Husk Powder	2679mg †
Stabilized Rice Bran	2679mg †
Organic Apple Fiber Powder	1674mg †
Organic Cactus Powder	1172mg †
Organic Inulin Jerusalem Artichoke	1005mg †
Organic Chia Seed Powder	838mg †
Organic Fennel Seed Powder	669mg †
Organic Amaranth Sprout Powder	341mg †
Organic Black Walnut Hull	167mg †

*Percent Daily Values are based on a 2,000 calorie diet. † Daily values are not established.

Other Ingredients: Natural Pineapple Flavor and Glucomannan.

**MADE WITH
ORGANIC FLAXSEED,
ORGANIC PSYLLIUM HUSKS
& ORGANIC CHIA SEED**

PRODUCT	SIZE	ITEM	SKU	CASE	WHOLESALE	MSRP
Pro-Fiber	621 g / 30 servings	52717	764934527179	12	25.17	41.95



Pure Planet's Pro Fiber is a proprietary blend of organic flaxseed, organic psyllium husks, organic chia seed and other nutrient-dense superfoods.

Why we offer Por-Fiber: Only Pro-Fiber, the gentle friendly fiber with the "phytochemical kick," delivers a gluten-free whole food fiber with both a pleasant taste AND a healthy nutritional profile. Antioxidants, omega 3 fatty acids, and cholesterol-controlling soluble fibers are just some of the beneficial phytochemicals contained in this tried and true formula. Pro-Fiber is fast, effective, gentle and non-dehydrating.

Interesting Facts:

- Flaxseed powder provides the body with valuable omega 3 fatty acids (alpha linolenic acid), beneficial lignan-rich fiber, and magnesium among other nutrients. May help support normal cholesterol and blood pressure levels and aid in restoring the natural hormonal balance of the body.
- Rice Protein has more protein than hemp and is also low-fat and a great source of energy. It is a great supplement for athletes because it also provides essential amino acids, vitamins E, B vitamins, fiber and good complex carbohydrates. Rice protein is hypoallergenic as well – meaning it is easier to digest than most sources of protein.
- Psyllium Husk is a natural, water-soluble, gel-reducing fiber that is extracted from the husks of blond psyllium seeds. Psyllium may help to increase the bulk in stool and supports regular elimination as well as the ease of elimination.
- Chia seeds are a great source of healthy omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants and calcium.
- Apple Fiber was added for its gentle absorption and softening qualities.
- Black Walnut is known as a purifier of the bowel and blood and is also nature's perfect, highly digestible, vegetarian endurance food. Great source of omega 3 essential fatty acids.
- Amaranth sprouts are great sources of most of the B vitamins and vitamin A and are also considered anti-diarrheal and anti-hemorrhagic. It also has more

than 3 times the average amount of calcium than any other plant source and is also high in iron, magnesium, phosphorus and potassium.

- Cactus was included due to the rich fiber and mucilaginous content which may help reduce constipation as it helps digested food particles go smoothly through the digestive system.
- Inulin is found in various plants like the Jerusalem artichoke. Jerusalem artichokes have multiple digestive health benefits such as helping to increase the population of healthy bacteria in the gut.
- Fennel seed is traditionally valued as a digestive aid for relief of gas, gas pain and bloating as it helps increase the bulk of the food by absorbing water throughout the digestive system and easing constipation problems. Fennel is also known to have anti-flatulent properties.
- Acacia gum contains about 90% soluble fiber, which makes it great as a digestive aid.

History: This product was originally requested by doctors from the Health Science Institute who commissioned David Sandoval to create the world's finest nutritious fiber.

Potential Benefits:

- Improved digestive health and reduction in constipation
- May support weight management
- May help support a healthy cardiovascular system
- Reduction of toxic buildup and candida

How it is made: We carefully combined various superfoods in the proper ratio to give Pro Fiber the desired effect on the digestive system without discomfort. Pro Fiber is made under strict organic and good manufacturing practices at our state of the art facility in California.

**Made with 85%
Organic Ingredients.**