



Forever Fiber™

Forever Fiber™ provides 5 grams of quick-dissolving fiber in a convenient stickpack to support a healthy diet. Experts recommend that we consume up to 30 grams of fiber daily for optimal health and digestive function, yet sadly, most people only consume approximately half that amount. Our search for convenience in the foods we eat means that we aren't obtaining the adequate amounts of fiber that we need to support our health. Forever Fiber™ is a proprietary blend of four types of fiber, and offers a convenient way to add some extra fiber to your diet – by sprinkling on the foods you eat, mixing with Forever Aloe Vera Gel® or other beverage, or adding to your water bottle when you are on the go!

While we often associate fiber with supporting digestive function – and this is certainly very true – fiber provides significant benefits to the body overall. Forever Fiber™, taken between meals, can help to support feelings of fullness, thereby controlling appetite and cravings, and caloric intake. This is especially important for those on a weight management program, when used with a healthy diet and regular exercise. By also helping to support normal blood sugar levels already in the normal range, and slow the absorption of macronutrients from our foods, fiber can also help limit feelings of sluggishness or low energy after we eat.

Fiber has been shown to support cardiovascular function and, of course, because scientists now

recognize that up to 70% or 80% of immune function in the body is associated with the gastrointestinal tract, fiber may help to support the immune system via its benefits for digestive function. Adequate soluble fiber intake can facilitate removal of waste products from the body and may help to relieve occasional constipation.

Forever Fiber™ makes it easy to add more fiber to your diet by providing 5 grams of soluble fiber in each stickpack. That is the equivalent of almost 1 ½ cups brown rice or 2 slices of whole wheat toast – without the carbohydrates and calories! Forever Fiber™ is a convenient way to increase your overall daily fiber intake and optimize your health.

CONTENTS
30 stickpacks

SUGGESTED USE
Mix one stickpack of Forever Fiber™ with water, Forever Aloe Vera Gel®, or other beverage daily. For best results, pour contents of one packet into a glass, add your beverage of choice and mix thoroughly. You can also sprinkle on food. It is suggested to take Forever Fiber™ at least 30 minutes away from other dietary supplements as fiber may impact their absorption in the body.

Supplement Facts

	Amount Per Serving	%DV
Serving Size 1 Packet (6.1g) Servings Per Container 30		
Calories	10 calories	
Total Carbohydrates	6 g	2%*
Dietary Fiber	5 g	20%*
Soluble Fiber	5 g	†
Proprietary Forever Fiber Blend	5 g	†
Acacia Gum, Soluble Corn Fiber, Soluble Corn Dextrin, Fructooligosaccharides.		
* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value (DV) not established.		



- 5 grams of fiber per stickpack
- Designed to provide a convenient way to support optimal fiber intake
- Readily dissolves in water, Forever Aloe Vera Gel®, or other beverages.
- Quick-dissolving, mild-tasting, grit-free, and gluten-free

PRODUCT #464

The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.

