

# Our comprehensive line of Fiber Choice® Prebiotic Fiber Products



**Fiber Choice® Original Chewable Tablets**



**Fiber Choice® Bone Health with Calcium and Vitamin D Chewable Tablets**



**Fiber Choice® Fruity Bites**



**Fiber Choice® Metabolism and Energy Fruity Bites**

<b>Product</b>				
<b>Product Description</b>	Fiber Choice® is a daily prebiotic supplement that contains inulin, a soluble fiber found in some fruits and vegetables. Inulin helps food pass through the digestive system, adds bulk to the stool, and supports the growth of healthy bacteria in the digestive tract. <sup>†</sup>	Fiber Choice® Bone Health with calcium and vitamin D <sub>3</sub> is a daily prebiotic supplement that contains inulin, a soluble fiber found in some fruits and vegetables. Inulin helps food pass through the digestive system, adds bulk to the stool, and supports the growth of healthy bacteria in the digestive tract. Fiber Choice Bone Health contains calcium to help build and maintain healthy bones and vitamin D <sub>3</sub> to help maximize calcium absorption. <sup>†</sup>	Fiber Choice® Fruity Bites is a daily prebiotic supplement that contains inulin, a soluble fiber found in some fruits and vegetables. Inulin helps food pass through the digestive system, adds bulk to the stool, and supports the growth of healthy bacteria in the digestive tract. <sup>†</sup>	Fiber Choice® Energy Metabolism is an excellent source of vitamins B <sub>6</sub> and B <sub>12</sub> , which help support energy production by your cells. Energy Metabolism <sup>†</sup> with vitamins B <sub>6</sub> and B <sub>12</sub> . Fiber Choice contains inulin, a soluble fiber found in some fruits and vegetables. Inulin helps food pass through the digestive system, adds bulk to the stool, and supports the growth of healthy bacteria in the digestive tract. <sup>†</sup>
<b>Recommended Age</b>	Adults	Adults	Adults	Adults
<b>Recommended Usage Instructions</b>	Chew 2 tablets up to 3 times a day. Start with 2 tablets, once a day. Then increase dose at steady intervals, preferably with a meal, to enable the microbiome to better adjust to the prebiotic benefit. If discomfort is felt, reduce dose. Do not exceed 6 tablets per day.	Chew 2 tablets up to 3 times a day. Start with 2 tablets, once a day. Then increase dose at steady intervals, preferably with a meal, to enable the microbiome to better adjust to the prebiotic benefit. If discomfort is felt, reduce dose. Do not exceed 6 tablets per day.	Chew 2 gummies up to 4 times a day. Start with 2 gummies, once a day. Then increase dose at steady intervals, preferably with a meal, to enable the microbiome to better adjust to the prebiotic benefit. If discomfort is felt, reduce dose. Do not exceed 8 gummies a day.	Chew 2 gummies up to 4 times a day. Start with 2 gummies, once a day. Then increase dose at steady intervals, preferably with a meal, to enable the microbiome to better adjust to the prebiotic benefit. If discomfort is felt, reduce dose. Do not exceed 8 gummies a day.
<b>Ingredients</b>	Each 2 tablet Fiber Choice® serving contains: 4 grams of inulin prebiotic fiber. This product is Sugar Free. Not a low-calorie food.	Each 2 tablet Fiber Choice® serving contains: 4 grams of inulin prebiotic fiber and 200 IU of vitamin D plus 500 mg of calcium. This product is Sugar Free. Not a low-calorie food.	Each 2 gummy Fiber Choice® serving contains: 3 grams of inulin prebiotic fiber.	Each 2 gummy Fiber Choice® serving contains: 3 grams of inulin prebiotic fiber and 9 mg of vitamin B <sub>6</sub> plus 31.3 mcg of vitamin B <sub>12</sub> .
<b>Unique Features</b>	Fiber Choice® contains inulin, a prebiotic fiber that is 100% plant based. Inulin supports the growth and activity of the beneficial bacteria in the gut and helps balance the digestive tract. A healthy balanced digestive tract supports a healthy immune system. <sup>†</sup>			
	Most Americans only get about half of the recommended 28 grams of fiber each day. When you can't get the fiber you need from healthy food, Fiber Choice® supplement is an easy and tasty way to help close the fiber gap.			
<b>Special Considerations</b>	WARNING: keep out of reach of children. If pregnant, breastfeeding, have a medical condition, or an allergy issue, or are on medication, consult a physician before using. If minor gas or bloating occurs, reduce daily serving.	WARNING: keep out of reach of children. If pregnant, breastfeeding, have a medical condition, or an allergy issue, or are on medication, consult a physician before using. If minor gas or bloating occurs, reduce daily serving.	WARNING: keep out of reach of children. If pregnant, breastfeeding, have a medical condition, or an allergy issue, or are on medication, consult a physician before using. If minor gas or bloating occurs, reduce daily serving.	WARNING: keep out of reach of children. If pregnant, breastfeeding, have a medical condition, or an allergy issue, or are on medication, consult a physician before using. If minor gas or bloating occurs, reduce daily serving.
<b>Where to Purchase</b>	Nestlé Nutrition Store, Amazon, Walmart, Target, DeCA, Rite Aid, Kroger, Meijer, Giant Eagle, Wegmans	Nestlé Nutrition Store, Amazon, CVS, Meijer	Nestlé Nutrition Store, Amazon, Kroger, Stop & Shop, Meijer, Raley's, DeCA	Nestlé Nutrition Store, Amazon, Walmart, Rite Aid

For more information or to obtain coupons and samples visit the Nestlé Medical Hub at [www.nestlemedicalhub.com](http://www.nestlemedicalhub.com)

<sup>†</sup>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.