

Fiber is an essential nutrient for a healthy body



- > Naturally found in fruits, vegetables, and grains¹
- > Fiber helps:^{1,2,4*}
 - Support regularity
 - Balance your digestive tract
 - Maintain a healthy immune system
- > Fiber is an essential element of your diet to maintain your general health and well-being^{1,3,4*}
- > Adequate intake of fiber is associated with many health benefits:⁵
 - Meeting dietary needs can contribute to disease prevention and better health *
- > By consuming enough fiber, you also help your body eliminate waste products from the gastrointestinal tract^{5*}

Are you getting enough daily fiber?

To have a healthy diet, it is important to consume the recommended fiber intake:



28g/DAY†

95%
of Americans do not consume recommended amount of fiber⁵

Fiber Choice® is made with plant-based prebiotic fiber to help balance your digestive tract:



Fiber promotes gut microbiome balance by increasing the growth of beneficial bacteria^{1,4}



A healthy, balanced digestive tract supports a healthy immune system*

Fiber Choice® supplements: A reliable solution to reach your optimal daily fiber intake

- > Even with a healthy diet, reaching your recommended daily fiber intake can be challenging. So, when you can't get the fiber you need from healthy food, Fiber Choice® is an easy, tasty way to help close the Fiber Gap.

Fiber Choice® supplements are the perfect partner to help maintain a healthy gut day after day*

- > Convenient and easy to incorporate into your daily routine



Great taste



Helps support regularity*



Helps balance your digestive tract*



Helps support healthy gut bacteria for immune health*



Made with plant-based prebiotic fiber

FIBER CHOICE
...THE SMART CHOICE®



USE THESE CODES TO SAVE 10% OFF ON AMAZON

February — 102W0C3M

March — 1038TEI9

April — 10EDBJ2



To find out if you are getting enough daily fiber, try the Fiber Calculator:[†]
<https://www.fiberchoice.com/calculator>

*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.

†This is based on a 2,000 calorie daily diet—your Daily Value may be higher or lower depending on your calorie needs.

‡This fiber calculator is for informational purposes only and is not a substitute for medical advice. This tool is intended for adults who are healthy and is not appropriate for children, pregnant or nursing women, people with specific diseases or medical conditions.

FBCH-15231-0222



Expiration Date 12/31/2022

SAVE \$3.00

Offer good on any Fiber Choice® product



NOT FOR RESALE. Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. CIC® Member Coupon Integrity Program. CONSUMER: Limit one coupon per specified item(s) purchased. Limit 4 like coupons per household per day. No cash or credit in excess of shelf price awarded. Any other use constitutes fraud. RETAILER: Nestlé Health Science, Inmar Dept. #00020, 1 Fowcett Dr., Del Rio, TX 78840, USA will redeem this coupon per our Nestlé Coupon Redemption Policy found at <https://www.inmar.com/-/Document/NestleConsolidatedCouponRedemptionPolicy.pdf>. Consumer must pay sales tax where applicable. Valid in the USA, incl. APOs/FPOs/Possessions/Territories. Cash value: 1/20c. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland or used with permission. © 2022 Nestlé.



NOT GETTING ENOUGH FIBER?

EMBRACE A HEALTHY GUT EVERYDAY



Fiber Choice

Nestlé Health Science

Fiber Choice® supplements come in a variety of flavors and formats!

CHEWABLE TABLETS

Fiber Choice® Chewable Tablets are convenient prebiotic fiber supplements to help support intestinal regularity and digestive health.* With just two delicious chewable tablets per day, you get 4 grams of dietary fiber.

Fiber Choice® ORIGINAL CHEWABLE TABLETS

> Fiber Choice® Original Chewable tablets is a tasty strawberry-, apple- and grape-artificially flavored, sugar-free** supplement designed to help you close the fiber gap.



Fiber Choice® BONE HEALTH CHEWABLE TABLETS

> In addition to prebiotic fiber, the berry-artificially flavored Fiber Choice® Bone Health Chewable Tablets contains calcium to help build and maintain healthy bones* and vitamin D3 to maximize calcium absorption.*



How to use Fiber Choice® Chewable Tablets?

Chew  tablets up to  times/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.

GUMMIES

Made plant-based prebiotic fiber, Fiber Choice® Gummies are a convenient way to increase daily fiber intake to promote intestinal regularity and help balance your gut microbiota.* With just 2 delicious gummies per day, you get 3 grams of dietary fiber.

Fiber Choice® GUMMY

> Fiber Choice® Gummy is a tasty, mixed berry- and strawberry-flavored supplement with prebiotic fiber to support your gut health.



Fiber Choice® NO SUGAR GUMMY

> Fiber Choice® No Sugar Gummy No Sugar, artificial flavors, sweeteners or colors^ Fiber Choice® No Sugar Gummy is a reliable peach-flavored solution made with the prebiotic fiber inulin, to help you meet your daily fiber needs.



Fiber Choice® IMMUNE SUPPORT WITH VITAMIN D NO SUGAR GUMMY

> Fiber Choice® Immune Support with Vitamin D No Sugar Gummy has No Sugar, artificial flavors, sweeteners or colors^ orange-flavored gummies help you get the daily fiber you need without sacrificing taste or convenience. They also contain vitamin D to support immune health.*



^added colors from natural sweeteners

How to use Fiber Choice® Gummies?

Chew  gummies up to  times/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.

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.