

# dōTERRA | Nutrition Fibre

350g (31 Servings)

## PRODUCT DESCRIPTION

It's important for adults to get 28 grams of soluble and insoluble fibre every day. Soluble fibre can help control appetite and optimise blood sugar levels. Insoluble fibre can help keep your digestive system healthy. Even with a healthy diet, most people only get half the amount of fibre they need. dōTERRA Fibre provides 7 grams of soluble and insoluble fibre from wholefood sources like apple, chicory root, Jerusalem artichoke, and flaxseed. dōTERRA Fibre includes CPTG® Lemon essential oil for a great taste and a unique prebiotic blend to support a healthy microbiome.

## PRIMARY BENEFITS:

- Contains 7 grams of high-quality dietary fibre per serve to support healthy digestion.
- An excellent source of Vitamin C to support a healthy immune system.
- Contains prebiotics to support the growth of healthy gut microbes.

## DIRECTIONS FOR USE

Add 11g (approx. 2 rounded scoops) into 300mL of water and mix well with shaker or blender.

## CAUTIONS

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Seal the bag immediately after use and store below 30°C in a cool, dry place.

## Fibre

### NUTRITION INFORMATION

Servings per package: 31  
Serving size: 11 g

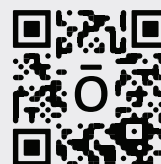
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	112 kJ (27 Cal)	1020 kJ (244 Cal)
Protein	0.5 g	4.6 g
- Gluten	Nil detected	Nil detected
Fat, total	0.5 g	4.6 g
- Saturated	0.1 g	0.7 g
Carbohydrate	17 g	15.8 g
- Sugars	1.4 g	12.7 g
Dietary Fibre	7.0 g	63.5 g
Sodium	1 mg	6 mg
Potassium	2 mg	14 mg
Vitamin C	200 mg (500% RDI*)	1820 mg
	0.10 mg (1% RDI*)	0.94 mg

\*Recommended Daily Intake

**INGREDIENTS:** Apple fibre (34%), tapioca fibre (31%), prebiotic blend [fructooligosaccharide (from chicory root & organic Jerusalem artichoke), isomaltooligosaccharide], flaxseed powder, guar gum, citric acid, vitamin C (ascorbic acid), lemon peel oil, sweetener (steviol glycoside), natural flavouring.

## KEY STUDIES

To access the key studies go to <https://bit.ly/37lww3C>



Certified Pure Tested Grade

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