



Medicinal Ingredients: Apple (*Malus domestica*, fruit) providing 1,850 mg fiber 3,742 mg, Resistant maltodextrins, Isomaltooligosaccharide (*Zea mays*), Xylooligosaccharide (*Zea mays*, cob), Vitamin C (Ascorbic acid), Flaxseed (*Linum usitatissimum*), Inulin (*Helianthus tuberosus*, tuber; *Cichorium intybus*, root).

Non-Medicinal Ingredients: Guar gum, Citric acid, Lemon peel essential oil, Rebaudioside A, Maltodextrin, D-Fructose, Sucrose, Silicon dioxide, Flavour.

dōTERRA Fiber (NHP) | 313 g (30 Servings/Portions)

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Primary Benefits

- + Gluten-free formula that provides 6g of fiber to support and maintain a healthy digestive system.
- + Contains vitamin C to help with immune function.
- + Flaxseed provides a source of antioxidants and essential fatty acids for the maintenance of good health.
- + When taken as directed, dōTERRA Fiber helps provide gentle relief of constipation and/or irregularity
- + Supports your digestive system

Description

Fiber is an important part of a healthy adult diet, one that can be hard to get enough solely from the foods we eat. dōTERRA® Fiber is a convenient and delicious way to supplement your fiber intake.

dōTERRA Fiber is a gluten-free formula that provides 6 g of fiber to support and maintain a healthy digestive system. The addition of flaxseed also provides a source of antioxidants and essential fatty acids for the maintenance of good health, while vitamin C helps with immune function. dōTERRA Fiber includes CPTG® Lemon essential oil along with apple flavours for a delicious taste. NPN 80124216

Uses

- + Mix 1 scoop with 300 mL water, once per day. Drink immediately.

Directions

Recommended use: dōTERRA Fiber is a source of fiber that supports a healthy digestive system and essential fatty acids for the maintenance of good health. Taken as directed, it also helps provide gentle relief of constipation and/or irregularity.

Recommended Dose (Adults): Mix 1 scoop with 300 mL water, once per day. Drink immediately

Storage: Store in well-closed container at room temperature.

Cautions

Consult a healthcare practitioner/healthcare provider/healthcare professional/doctor/physician prior to use if you are pregnant or breastfeeding. This product contains milk by-products/derivatives. Stop use if hypersensitivity/allergy occurs. If symptoms worsen or if laxative effect does not occur within seven days, consult a physician. If you are taking medications which inhibit peristaltic movement, consult a physician prior to use (e.g. opioids, loperamide). If you have symptoms such as abdominal pain, nausea, vomiting or fever, consult a physician prior to use. If you are experiencing a sudden change in bowel habits that has persisted for more than 2 weeks, undiagnosed rectal bleeding, or have failed to defecate following the use of a laxative product, consult a physician prior to use..

*dōTERRA Fiber is registered as a natural health product (NHP): NPN 80124216.