

TerraMix FB®

Botanical beverage mix of apple, tapioca and flaxseed fiber with lemon and apple flavor

PRODUCT DESCRIPTION

TerraMix FB Botanical Beverage Mix is a lemon/apple-flavored fiber-rich beverage containing both soluble and insoluble fiber as well as dōTERRA CPTG® Lemon essential oil. This super tasty, fiber-rich beverage contains natural apple fiber, tapioca fiber, and ground flaxseeds, and can be mixed with warm or cold water to make a delicious fiber-rich drink.

CONCEPT

According to the U.S. Journal of Lifestyle Medicine, most people get only half of the fiber they need even if they follow a healthy diet. The Malaysian Dietary Guidelines recommend a daily intake of 20-30g of dietary fiber based on age, weight, and gender, which is the equivalent to lots of vegetables and several bowls of oatmeal! TerraMix FB Botanical Beverage Mix is here to provide you with a simple and delicious way to supplement your fiber intake.

TerraMix FB Botanical Beverage Mix is derived from natural foods like apples and flax seeds. Soluble fiber retains water and turns to gel during digestion. It also slows digestion and nutrient absorption from the stomach and intestine. Insoluble fiber attracts water into your stool and can help promote bowel health and regularity. Ground flax seeds is an insoluble fiber that remain unchanged during the digestive process. Flax seeds have been used for more than 5,000 years in human history. It has a high nutritional value and is rich in polyunsaturated Omega-3 fatty acids as well as protein, dietary fiber and minerals. In TerraMix FB, ground flax seeds and fiber are brought together to create a delicious fiber drink.

We recommend pairing TerraMix FB with the dōTERRA TerraStix line.

Nutrition Facts		Servings per container: 30 Serving size: (9.2g)	
	Per Serving	Per 100g	
Energy	23 kcal	253 kcal	
Protein	0g	0g	
Carbohydrate	8g	82g	
Total Sugars	1g	12g	
Total Fat	0.5g	6g	
Dietary Fiber	5g	60g	

Ingredients: Apple fiber, Tapioca fiber, Flaxseed powder, Guar gum, Citric acid, Ascorbic acid, Lemon flavor, Stevia, Maltodextrin, Silicon Dioxide, Apple flavor

PRIMARY BENEFITS

- Good source of Fiber
- Great lemon-apple flavor
- Provides a good source of soluble and insoluble fiber
- Each serving provides 5 grams of recommended 20-30g daily intake of dietary fiber
- Contains high potency (200mg) vitamin C

DIRECTIONS FOR USE

Take one scoop, add 300mL of cold or warm water, stir until completely mixed.

CAUTIONS

Pregnant or nursing women and people with known medical conditions should consult a physician before using. Does not contain wheat or milk products. Use only as directed.

