

# dōTERRA Fiber

## PRODUCT DESCRIPTION

Fad diets are a popular trend and most focus on consuming high amounts of protein and low amounts of carbohydrates. This unbalance can wreak havoc on our fiber intake! According to the *American Journal of Lifestyle Medicine*, even with a healthy diet, most people only get half the amount of fiber they need. The FDA recommends 25–38 grams of dietary fiber every day depending on age, weight, and gender.\* That's a lot of raw vegetables and bowls of oatmeal! dōTERRA Fiber was created as a convenient and delicious way to supplement your fiber intake. One serving of dōTERRA Fiber provides six grams of soluble and insoluble fiber, CPTG® Lemon essential oil, natural vitamin C, and a unique prebiotic blend.

dōTERRA Fiber is sourced from whole food sources like apple, tapioca, and flax seed to support a healthy and regular digestive system, control appetite, and support the metabolic process.\* Fiber is a fantastic macronutrient that supports many different health functions within the body, not just the digestive system, including the cardiovascular and the immune systems.\*

The importance of a healthy gut microbiome and its relation to the immune system has recently become an area of scientific studies. Research has shown much of your immune system can be found in the GI tract. The addition of the special prebiotic blend in dōTERRA Fiber provides food for probiotics in the gut to support a healthy microbiome and immune system.\* The prebiotic blend contains Fructooligosaccharide from chicory root and Jerusalem artichoke, Isomaltooligosaccharide, and Xylooligosaccharide. dōTERRA TerraZyme® and PB Assist+® also support the microbiome and dōTERRA Fiber is the perfect addition to your digestive and immune health regimen.\*

Add dōTERRA Fiber to water for a delicious lemon-apple flavored drink as a no-excuses approach to meet your digestive health and wellness goals. dōTERRA Fiber is a daily essential for everyone.

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## PRIMARY BENEFITS

- High source of fiber
- Contains high potency vitamin C
- Helps maintain a healthy microbiome\*
- Promotes healthy digestive function\*
- May support cardiovascular health\*
- May support the immune system\*
- May help support metabolic processes\*
- May support weight management goals\*

## DIRECTIONS FOR USE

Mix one scoop of dōTERRA Fiber with ten ounces of water. Drink immediately.

## CAUTIONS

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Keep in a cool, dry place.



\*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.

## KEY STUDIES

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



## Supplement Facts

Serving Size 1 Scoop (11g)

Servings Per Container 30

	Amount per Serving	% Daily Value
Calories	25	
Total Fat	1 g	1%*
Total Carbohydrate	9 g	3%*
Dietary Fiber	6 g	21%*
Soluble Fiber	5 g	**
Insoluble Fiber	1 g	**
Total Sugars	1 g	**
Includes 0g Added Sugars		0%*
Vitamin C	200 mg	220%
Iron	0.2 mg	1%
<b>Prebiotic blend</b>	<b>1289 mg</b>	<b>**</b>
Fructooligosaccharide (from Chicory root & Jerusalem Artichoke)		
Isomaltooligosaccharide		
Xylooligosaccharide		

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established

OTHER INGREDIENTS: Apple fiber, Tapioca fiber, Flaxseed powder, Guar gum, Citric acid, Lemon peel oil, Stevia, Natural flavor.

**dōTERRA® Fiber**  
30 SERVINGS PER  
CONTAINER

Part Number: 60207065