

- Convenient source of soluble and insoluble fibre
- Delivers a sense of fullness
- Provides sustained energy with a low-glycemic index



Peach Mango FIBERGY®

ITEM# 221



Almond Crème FIBERGY®

ITEM# 220



Because of poor eating habits, many people only get one-half to two-thirds of the fibre necessary for optimal health. FIBERGY® is a convenient, low-glycemic way to add more fibre to your diet.

A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. FIBERGY is a good source of potassium and is low in sodium.

FIBERGY® DRINK MIX

A very high source of fibre, Peach Mango and Almond Crème FIBERGY are great-tasting ways to get at least 6 grams of soluble and insoluble fibre from multiple sources in a single serving. Consuming multiple sources of fibre can be beneficial because different types of fibre provide specific benefits and act in different ways in the body. Peach Mango FIBERGY is also gluten free.

Nutrition Facts / Valeur nutritive	
Per 30 g (2 scoops) / par 30 g (2 mesures)	
Amount / Teneur	% DV* / % VQ*
Calories / Calories 80 (335 kJ)	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 125 mg	5 %
Potassium / Potassium 440 mg	14 %
Carbohydrate / Glucides 24 g	8 %
Fibre / Fibres 6 g	24 %
Soluble Fibre / Fibres solubles 1 g	
Insoluble Fibre / Fibres insolubles 5 g	
Sugars / Sucres 10 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	25 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	10 %
Iron / Fer	2 %
Phosphorus / Phosphore	15 %
Magnesium / Magnésium	0 %

Ingredients: USANA Blend (Gum arabic, Soy cotyledon fibre, Corn bran, Psyllium, Xanthan gum, Ground pea hull fibre, Apple fibre, Rice bran, Inulin, Ground sugar beet fibre, Oligofructose, Guar gum, Nopal cactus fibre, Carrot powder, Cellulose gum), Fructose, Natural flavours, Creamer [high oleic sunflower oil, corn syrup solids, sodium caseinate (a milk derivative), mono- and diglycerides, dipotassium phosphate, soy lecithin, tocopherols (to protect flavour)], Dipotassium phosphate, Salt, Citric acid, Beet juice powder and Beta carotene (natural colours).

Ingredients : Mélange USANA (gomme arabique, fibres de cotylédons de soya, son de maïs, psyllium, gomme de xanthane, fibres de cosses de pois moulues, fibres de pommes, son de riz, inuline, fibres de betteraves à sucre moulues, oligofructose, gomme de guar, fibres de nopal, carotte en poudre, carboxyméthylcellulose), fructose, arômes naturels, similitcrème [huile de tournesol à forte teneur oléique, solides de sirop de maïs, caséinate de sodium (un dérivé du lait), mono- et di-glycérides, phosphate dipotassique, lécithine de soya, tocophérols (pour préserver la saveur)], phosphate dipotassique, sel, acide citrique, jus de betterave en poudre et bêta-carotène (colorants).

CONTAINS: Soy, Milk. Produced on equipment that also processes Eggs, Peanuts, Tree Nuts, Sesame, and Shellfish.

Nutrition Facts / Valeur nutritive	
Per 33 g (2 scoops) / par 33 g (2 mesures)	
Amount / Teneur	% DV* / % VQ*
Calories / Calories 100 (420 kJ)	
Fat / Lipides 2 g	3 %
Saturated / saturés 0.3 g	
+ Trans / trans 0 g	2 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 125 mg	5 %
Potassium / Potassium 380 mg	11 %
Carbohydrate / Glucides 25 g	8 %
Fibre / Fibres 6 g	24 %
Soluble Fibre / Fibres solubles 2 g	
Insoluble Fibre / Fibres insolubles 4 g	
Sugars / Sucres 9 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	10 %
Iron / Fer	2 %
Phosphorus / Phosphore	8 %
Magnesium / Magnésium	2 %

Ingredients: USANA Blend (Soy fibre, Gum arabic, Oat bran, Wheat bran, Inulin, Cellulose gum, Xanthan gum, Oligofructose, Citrus pectin, Corn bran, Locust bean gum, Carrageenan, Apple fibre), Fructose, Non-dairy creamer [high oleic sunflower oil, corn syrup solids, sodium caseinate (a milk derivative), mono- and di-glycerides, dipotassium phosphate, soy lecithin, tocopherols (to protect flavor)], Natural flavors, Salt, Dipotassium phosphate, Potassium chloride, Tricalcium phosphate, Beta carotene (color)

Ingredients : Mélange USANA (fibres de cotylédons de soya, gomme arabique, son d'avoine, son de blé, inuline, fibres de cosses de pois moulues, carboxyméthylcellulose, gomme de xanthane, oligofructose, pectine d'agrumes, son de maïs, gomme de caroube, carraghénane, fibres de pommes), fructose, similitcrème [huile de tournesol, solides de sirop de maïs, caséinate de sodium (un dérivé du lait), mono- et di-glycérides, phosphate dipotassique, lécithine de soya, tocophérols (pour préserver la saveur)], arômes naturels, sel, phosphate dipotassique, chlorure de potassium, bêta-carotène (colorant).

CONTAINS: Wheat, Soy, Milk. Produced on equipment that also processes Eggs, Peanuts, Tree Nuts, Sesame, and Shellfish.