

FIBERGY® & FIBERGY BAR™

- FIBERGY® is an advanced fiber drink mix providing 14 sources of dietary fiber
- FIBERGY® contains 12 grams of soluble and insoluble fiber in each serving—more than twice the amount of other fiber products
- FIBERGY BAR™ provides five grams of fiber, four of which are soluble fiber
- FIBERGY BAR™ contains inulin fiber to help maintain a healthy digestive system and to enhance calcium absorption*
- FIBERGY BAR™ provides 300 mg of omega-3 fatty acids from flaxseed
- FIBERGY® and FIBERGY BARS™ are good sources of potassium. Diets containing foods that are a good source of potassium and low in sodium may reduce the risk of high blood pressure and stroke
- Peach Mango FIBERGY is now gluten-free



ITEM# 221

Peach Mango FIBERGY

FIBER IN THE DIET

Consuming multiple sources of fiber can be beneficial because different types of fiber provide specific benefits and act in different ways in the body. Low-fat diets, rich in dietary fiber, particularly soluble fiber, may reduce the risk of coronary heart disease and decrease the risk of some types of cancer, a disease associated with many factors.^{1*}

FIBERGY® DRINK MIX AND FIBERGY BAR™

FIBERGY is an easy and great-tasting way to get 12 grams of fiber from 14 different sources in one serving. Available in Peach Mango and Almond Crème flavors, the delicious FIBERGY drink has a 2:1 ratio of soluble to insoluble fiber, which is ideal for health.

Convenient for those on the go, each great-tasting Iced Lemon FIBERGY BAR provides five grams of fiber. With 300 mg of omega-3 fatty acids from flaxseed, FIBERGY BARS may also help maintain cardiovascular health, optimal neural growth, and good joint health.*

LOW-GLYCEMIC FORMULA

Avoid the frequent cravings and health risks associated with a high-glycemic diet (see pg. 46). FIBERGY and FIBERGY BARS are low glycemic, providing sustained energy and greater satiety throughout the day.

USING FIBERGY® AND FIBERGY BAR™

Add two scoops of FIBERGY to seven ounces of cold water. Blend or shake. You may also mix with juice, skim milk, or soy milk.

* 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.

References

1. Wolk A, et al., JAMA. 1999 Jun 2; 281 ([21]):1998-2004.

NUTRITION FACTS

Serving Size 2 scoops (30 g)

Servings per container 14

Amount per serving

Calories 80

Calories from fat 10

		% Daily Value*
Total Fat 1.0 g		1%
Saturated fat 0 g		0%
Cholesterol 0 mg		0%
Sodium 140 mg		6%
Potassium 390 mg		11%
Total Carbohydrate 23 g		8%
Dietary Fiber 12 g		49%
Soluble Fiber 8 g		
Insoluble Fiber 4 g		
Sugars 9 g		
Protein 2 g		
Vitamin A 20%	•	Vitamin C 0%
Calcium 6%	•	Iron 2%
Vitamin D 6%	•	Phosphorus 8%
Magnesium 2%		

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Calories:	2,000	2,500
Total fat	Less than 65 g	80 g
Sat. fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrate	300 g	375 g
Fiber	25 g	30 g

Ingredients: Fiber Blend (Soy fiber, Gum arabic, Oat bran, Wheat bran, Inulin, Pea fiber, Sugar beet fiber, Cellulose gum, Xanthan gum, Oligofructose, Citrus pectin, Corn bran, Locust bean gum, Carrageenan), Fructose, Natural flavors, 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)], Salt, Dipotassium phosphate, Potassium citrate, Citric acid, Potassium chloride, Beta carotene, and Beet juice powder (color).

MACRO-OPTIMIZERS/MACRONUTRITION



ITEM# 220

Almond Crème FIBERGY



ITEM# 222

Iced Lemon FIBERGY BAR

NUTRITION FACTS

Serving Size 2 scoops (33 g)

Servings per container 14

Amount per serving

Calories 100

Calories from fat 20

		% Daily Value*
Total Fat 2 g		3%
Saturated fat 0 g		0%
Cholesterol 0 mg		0%
Sodium 125 mg		5%
Potassium 380 mg		11%
Total Carbohydrate 25 g		8%
Dietary Fiber 12 g		48%
Soluble Fiber 8 g		
Insoluble Fiber 4 g		
Sugars 9 g		
Protein 2 g		
Vitamin A 35%	•	Vitamin C 0%
Calcium 10%	•	Iron 2%
Vitamin D 10%	•	Phosphorus 8%
Magnesium 2%		

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Calories:		2,000	2,500
Total fat	Less than	65 g	80 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Fiber		25 g	30 g

Ingredients: Fiber Blend (Soy fiber, Gum arabic, Oat bran, Wheat bran, Inulin, Pea fiber, Cellulose gum, Xanthan gum, Oligofructose, Citrus pectin, Corn bran, Locust bean gum, Carrageenan, Apple fiber), 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).

NUTRITION FACTS

Serving Size 1 bar (28 g)

Servings per container 14

Amount per serving

Calories 100

Calories from fat 15

		% Daily Value*
Total Fat 1.5 g		2%
Saturated fat 0.5 g		2%
Cholesterol 0 mg		0%
Sodium 80 mg		3%
Potassium 350 mg		10%
Total Carbohydrate 23 g		8%
Dietary Fiber 5 g		20%
Soluble Fiber 4 g		
Insoluble Fiber 1 g		
Sugars 7 g		
Protein 2 g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Calories:		2,000	2,500
Total fat	Less than	65 g	80 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Fiber		25 g	30 g

Ingredients: Wheat flour, Rolled oats, Maltitol syrup, Evaporated cane juice, Fructose, Inulin, Fractionated palm kernel oil, Oat fiber, Prune puree, Evaporated cane juice syrup, Oat bran, Oat flour, Glycerin, Brown crisp rice (rice flour, rice bran, rosemary extract), Soy butter (soybeans, soybean oil, salt), Contains less than 2% of: Cellulose powder, Natural flavors, Flaxseed meal, Leavening (sodium bicarbonate, sodium acid pyrophosphate), Dipotassium phosphate, Mono- and Di-glycerides, Gum arabic, Citric acid, Lemon oil, Soy lecithin, Cornstarch, Gelatin, High fructose corn syrup, Turmeric (for color). May contain traces of nuts or peanuts.