



Manufactured by Life Force®
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Intestinal Tone (Organic Gentle Fiber)

Product Name: Intestinal Tone - **100% Organic Gentle Fiber** (Dissolves easy, pleasant texture, taste-free)

Item No: 50013

Single Canister Net Weight: 6Oz (180g)

Servings per Container: 30

Our Intestinal Tone is an excellent source of organic fiber blend, containing prebiotic fiber and organic finely ground psyllium.

One (6g) Serving Delivers: 5 grams of Organic Prebiotic Fiber and 1 gram of Organic Psyllium Husk Powder (Husk/Seed)

This organic fiber blend also contains a symbiotic blend of a shelf stable *Bacillus coagulans* and *Lactobacillus sporogenes* – producing only desirable L (+) lactic acid bacteria and soluble fenureek galactomannans.

Large intestine contains trillions of bacteria, and much of it is important for good digestive health.

- Probiotics are a type of “good” bacteria that can be consumed to improve the balance between good and bad bacteria in the large intestine.
- Prebiotics are a food for this “good” bacteria in the gut. Adding prebiotic fiber to our diet can help the “good bacteria” flourish.

These beneficial bacteria help us digest food and absorb nutrients. When good and bad bacteria are in balance, we are less likely to experience gastrointestinal issues, such as Irritable Bowel Syndrome (IBS), Inflammatory Bowel disease (IBD), Celiac disease, etc.

Designed to Support and Promote*:

- Digestive & Heart Health*
- Regularity Support*
- LDL cholesterol reduction*
- Helps Curb Appetite*

Perfect product addition to Weight Management and Colon Cleanse Programs

The human Body needs fiber, an important nutrient that is often lacking in our daily diet. Fiber is classified into two major groups: soluble and insoluble fiber. Insoluble fiber supports bowel movements while soluble fiber shown to be beneficial in lowering LDL (bad) cholesterol.

According to the Institute of Medicine, it is recommended that, in adults 50 or younger, women should consume 25 grams of fiber daily and men 38 grams. In adults 51 or older, women should consume 21 grams of fiber daily and men 30 grams.

Eating a fiber-rich diet helps the body to obtain proper fill of nutrients, so we feel fuller longer. Thus, fiber should become an essential part of our weight management and our wellness routine.

Directions: Shake gently before use. Take only as directed. Take 30 minutes before meal. Do not exceed suggested dosage.

Mix 2 rounded teaspoons in 6 ounces of water or your favorite liquid in the morning or evening. Stir briskly and consume immediately.

NOTE: Use with a healthy diet and exercise program. Fiber alone is not enough.



Supplement Facts

Serving Size: 2 Rounded tsp (6g)
 Servings Per Container: 30

Amount Per Serving:

Calories 20 Calories From Fat 0

% Daily Value (DV)†

Total Fat	0 g	0%
Total Carbohydrate	6 g	2%
Dietary Fiber	6 g	24%
Insoluble Fiber	1 g	
Soluble Fiber	5 g	
Sugars	0 g	
Protein	0 g	0%

†Percent Daily Values (DV) are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Store in a cool dry place. DO NOT REFRIGERATE.

Opened –Consume within 60 days after opening.

Unopened: Shelf stable for 24 months when stored in a cool, dry place, and product is kept in its original packaging.

Keep out of the reach of children.

Note: If you are pregnant, breastfeeding, or on a special, health related diet, consult your healthcare professional before using this or any other high protein product. Discontinue use if adverse reaction occurs.

Ingredients: Organic Prebiotic fiber (from Organic Acacia gum), Organic Psyllium Husk, Organic Carrot Juice Powder, and LactoWise® (Synbiotic Blend of Fenumannans® from Fenureek seeds (*Trigonella foenum graecum*) and Probiotic Strain *Bacillus coagulans* spores).

“LactoWise® is a registered trademark of Sabinsa Corporation”.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.