

FIBER SWEETENER

Solutions4 Fiber Sweetener is a sugar free, low calorie, soluble fiber supplement that tastes as sweet as sugar and provides multiple health benefits. Fiber Sweetener provides 1500 mg of soluble dietary fiber per teaspoon and is made from natural plant extracts.

Benefits of Fiber Sweetener:

- Is a sugar substitute that does not contain any artificial sweeteners, colors or flavors
- Improves digestion
- Candida friendly
- Adds a significant amount of necessary dietary fiber to diet

Suggested Use: Use as a substitute for sugar

- In recipes not containing yeast
- To sweeten drinks
- On cereal

Size Available: 8.4 oz (80 servings)

Shelf Life: 3 years

Ingredients:

- **LO HAN** — A calorie-free alternative to artificial sweeteners. Made from the Chinese fruit, Monk Fruit, Lo Han can be used for cooking and baking.
- **CHICORY ROOT** — A blue-flowered plant used as a coffee substitute and food additive due to its caffeine-free nature. Chicory root contains inulin, a polysaccharide that supports the growth of beneficial bacteria in the colon. Improves liver and digestive functions. Relieves constipation, upset stomach, heartburn, and decreases cholesterol levels.
- **ACACIA FIBER** — Helps maintain healthy levels of cholesterol, blood pressure, and overall fiber intake. Fiber increases weight loss and acts as a natural detoxification for the body.

