



**Nutritional Information**

 Daily dose three (3) packets  
 Daily doses per box: 10

**Amount per daily dose (11.4 g)**

<b>Fibre</b>	3.9 g
Rice bran	2538 mg
Psyllium	1800 mg
Cranberry	750.06 mg
Pumpkin	525.06 mg
Clove	390.06 mg
Apple	300.06 mg
Cascara Sagrada	300.06 mg
Ginger	300.06 mg
Black pepper	284.94 mg
Yellow gentian	284.94 mg
Slippery Elm	180 mg
Liquorice	153.72 mg
Bromelain	149.94 mg
Papain	149.94 mg
Parsley	149.94 mg
Plum	149.94 mg
Sage	149.94 mg
Buckthorn	131.94 mg
Marsh mallow	120.06 mg
Hop	90 mg
Bee pollen	75.06 mg
Castilian Chamomile	75.06 mg
Irish Moss	75.06 mg
Carob	75.06 mg
Papaya	59.94 mg
Pineapple	59.94 mg
Spirulina	30.06 mg

**INSTRUCTIONS:** Take the contents of one packet half an hour before eating three times a day for ten days. For best results use Fibre System Plus twice a year.

Read and follow the instructions carefully. Do not use if you have or are developing diarrhoea, loose stools, stomach ache or intestinal inflammation. Do not use for more than 6 weeks without medical advice.

**When to take Fibre System Plus** The programme can be carried out before starting a weight loss diet, weeks before an important event or after a period of excessive eating or celebrations.

**INGREDIENTS:** Rice bran (*Oryza sativa*), stabiliser (hydroxypropyl methyl cellulose), psyllium husk powder (*Plantago ovata*), cranberry powder (*Vaccinium macrocarpon*), pumpkin seed powder (*Cucurbita pepo*), clove powder (*Syzygium aromaticum*), apple powder (*Malus domestica*), Cascara sagrada bark powder (*Rhamnus purshiana*), ginger rhizome powder (*Zingiber officinale*), black pepper seed powder (*Piper nigrum*), yellow gentian root powder (*Gentiana lutea* L.), slippery elm bark powder (*Ulmus rubra* Muhl.), liquorice root powder (*Glycyrrhiza glabra* L.), bromelain, papain, cultivated parsley leaf powder (*Petroselinum crispum* Mill.), European plum powder (*Prunus domestica*), sage leaf powder (*Salvia officinalis* L.), buckthorn bark extract (*Rhamnus frangula*), anti-caking agent (magnesium stearate), marsh mallow root powder (*Althaea officinalis* L.), hop powder (*Humulus lupulus* L.), **bee pollen**, Castilian chamomile flower powder (*Matricaria recutita* L.), Irish moss powder (*Chondrus crispus*), carob seed powder (*Ceratonia siliqua*), stabiliser (goma xanthan gum), papaya powder (*Carica papaya* L.), pineapple extract (*Ananas comosus*) and spirulina (*Arthrospira platensis*).



## Complement your healthy lifestyle with other 4Life products to reach your nutritional goals

**SPORTSPEOPLE:** PRO-TF™, Glutamine Prime™, Energy Go Stix™, Fibro AMJ™, and Renuvo™

**WEIGHT CONTROL:** 4LifeTransform Burn™, Super Detox™ and Nutrastart™ (as a meal replacement).

### COMPLEMENT YOUR DIET:

**Women:** RiteStart™, Belle Vie™ and 4LifeTransform™ Woman.

**Men:** RiteStart, MalePro™ and 4LifeTransform Man.

Warnings: Consult your doctor if you have frequent diarrhoea.. Consult your doctor before taking this product if you are pregnant or breast-feeding, if you are taking medication or if you suffer from any illness. Do not exceed the recommended daily dose. Dietary supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. KEEP OUT OF THE REACH OF CHILDREN. Store in a cool dry place.