



Digestive
Management
Fiber Powder

HOW TO TAKE FIBERCEL

1 serving = 2 tsp (provides 5 gm of fiber)

- Stir FiberCel into any hot or cold beverage or food
- Additional fluid consumption is not required when taking FiberCel

Suggested Usage for Bowel Management

If you are already taking a fiber supplement	If you are currently taking laxative medication
(eg. Metamucil, Benefibre, Psyllium Husk, Inulin Powder, Flax Seeds, Chia Seeds)	(eg. Senekot, Lax-a-Day, PEG 3350, Milk of Magnesia Senna, Miralax or Stool Softeners)
DAY 1 – 20	DAY 1 – 20
<ul style="list-style-type: none">➤ <u>Discontinue</u> your current fiber supplements, juices or powders.➤ Take 2 servings per day of FiberCel	<ul style="list-style-type: none">➤ <u>Continue</u> taking your current laxative.➤ Take 2 or 3 servings per day of FiberCel to increase the fiber in your system.
AFTER 20 DAYS	AFTER 20 DAYS
Many people remain at 2 servings per day for maintenance, however, you may be able to reduce to 1 serving per day.	<u>Discontinue</u> your current laxative. Many people remain at 2 servings per day for maintenance, however, you may be able to reduce to 1 serving per day.

If you are on medication that causes constipation (eg. Iron supplements, pain medication), you may need to take 3 servings per day for 15-20 days, then reduce to 2 servings per day for maintenance.

Kinder  Products Ltd.