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Manufactured by  
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## BENew™ Gentle Fibre

**Product Name:** BENew™ Gentle Fibre, 80.15g (2.8 oz.)

**Item No:** 51047, single container. Available in other quantities.

**Characteristics:** BENew™ Gentle Fibre helps you maintain your dynamic lifestyle by providing:

- A blend of natural herbs, fruit and vegetable fibres, and sea vegetables.

### Benefits:

- Energizing and revitalizing your body with its blend of nutrients.
- Supporting your body's daily needs of system regularity.
- Nourish and support colon and intestinal health.

**Color:** Light greenish-brown

**Flavor/Taste:** Apple flavor

**Texture:** Powder

**Servings per container:** 7

### Storage/Shelf Life:

- Unopened – Shelf stable for 24 months when stored at room temperature, sheltered from light and moisture, and product is kept in its original packaging.
- Opened – For the best benefits, shake gently before use. Store in a cool, dry place. To preserve freshness, consume within 4 to 5 weeks of opening.

**Recommended Daily Intake:** Mix one rounded scoop (11.45 g) in 175 mL (6 fl. oz.) of water and stir briskly. Consume once daily for seven consecutive days, in the morning or evening, preferably with a meal.

**General:** All of Life Force International products are manufactured following cGMPs in compliance with the US Food and Drug Administration's cGMPs Regulations (21 CFR 110).

**Notice:** This product contains cascara sagrada and senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because these ingredients may worsen these conditions and be harmful to health. Not for prolonged use. Do not exceed recommended serving. One seven-day cleanse cycle may be completed in a 30-day period.

Keep out of reach of children. Pregnant or lactating women should consult their healthcare professional prior to using any new product. Satisfaction guaranteed.

NUTRITION INFORMATION		
Serving Size	1 Rounded Scoop (11.45 g)	
Servings Per Container	7	
	Quantity Per Serving	Quantity per 100 g
Energy	146.5 kJ	1300.92 kJ
Protein - Total	0.5 g	4.44 g
Fat - Total	0 g	0 g
Saturated Fat	-	-
Cholesterol	0 g	0 g
Total Carbohydrate	8 g	71.04 g
Sugar	2 g	17.76 g
Dietary Fibre	6 g	53.28 g
Soluble Fibre	4.75 g	42.18 g
Insoluble Fibre	1.25 g	11.1 g
Sodium	10 mg	88.8 mg
Iron	0.95 mg	8.44 mg
Proprietary Cleanse Blend 11.45 g † Barley Fiber, Oligo Fiber, Carrot Fiber, Plum Fiber, Psyllium Fiber, Apple Fiber, Gum Acacia, Citric Acid, Spirulina, Montmorillonite (Bentonite Clay), Natural Flavor, Chamomile, Aloe Vera, SeaNine® Blend (Fucus vesiculosus, Chondrus crispus, Ascophyllum nodosum, Laminaria digitata, Porphyra yezoensis, Palmaria palmata, Ulva lactuca, Alaria esculenta, Gigartina chamissoi), Parsley Herb, Yellowdock Root, Dandelion Root, Fennel Seed, Ginger Root, Stinging Nettle Leaves, Burdock Root, Milk Thistle Seed, Stevia, Cascara Sagrada, Senna Leaves, Grape Seed Extract, Cayenne		
† Daily Intake not established		

