



# Fiber-Plex™

 **amni® original formula**  
A Dietary Supplement



**Douglas  
Laboratories®**

**120 Capsules**

## Supplement Facts

Serving Size 3 capsules • Servings Per Container 40

Amount Per Serving		%DV
Dietary Fiber	0.5 g	3%
Proprietary blend	1.5 g	
Glucomannan		*
Carrot Root		*
Celery Stalk and Leaves		*
Citrus Pectin		*
Apple Pectin		*
Sodium Alginate		*
Slippery Elm Bark		*

\*Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose, water, and magnesium stearate.

Manufactured in the USA by: **Douglas Laboratories**  
600 Boyce Road • Pittsburgh, PA 15205 USA  
[www.douglaslabs.com](http://www.douglaslabs.com)

### Suggested Use:

As a dietary supplement, adults take 3 capsules with at least 8 ounces of water twice daily, or as directed by your healthcare professional. The capsules may also be pulled apart, if desired, and the contents stirred into 8 ounces of water or juice.

Fiber-Plex™ contains a grain-free blend of dietary fiber components including cellulose, hemicellulose, pectic substances, mucilages, algal polysaccharides, lignin, and other naturally occurring fiber related substances.

**KEEP OUT OF REACH OF CHILDREN.**

For optimal storage conditions, store in a cool, dry place.  
(59°-77°F/15°-25°C) (35-65% relative humidity)  
Tamper resistant package, do not use if outer seal is missing.



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FPC