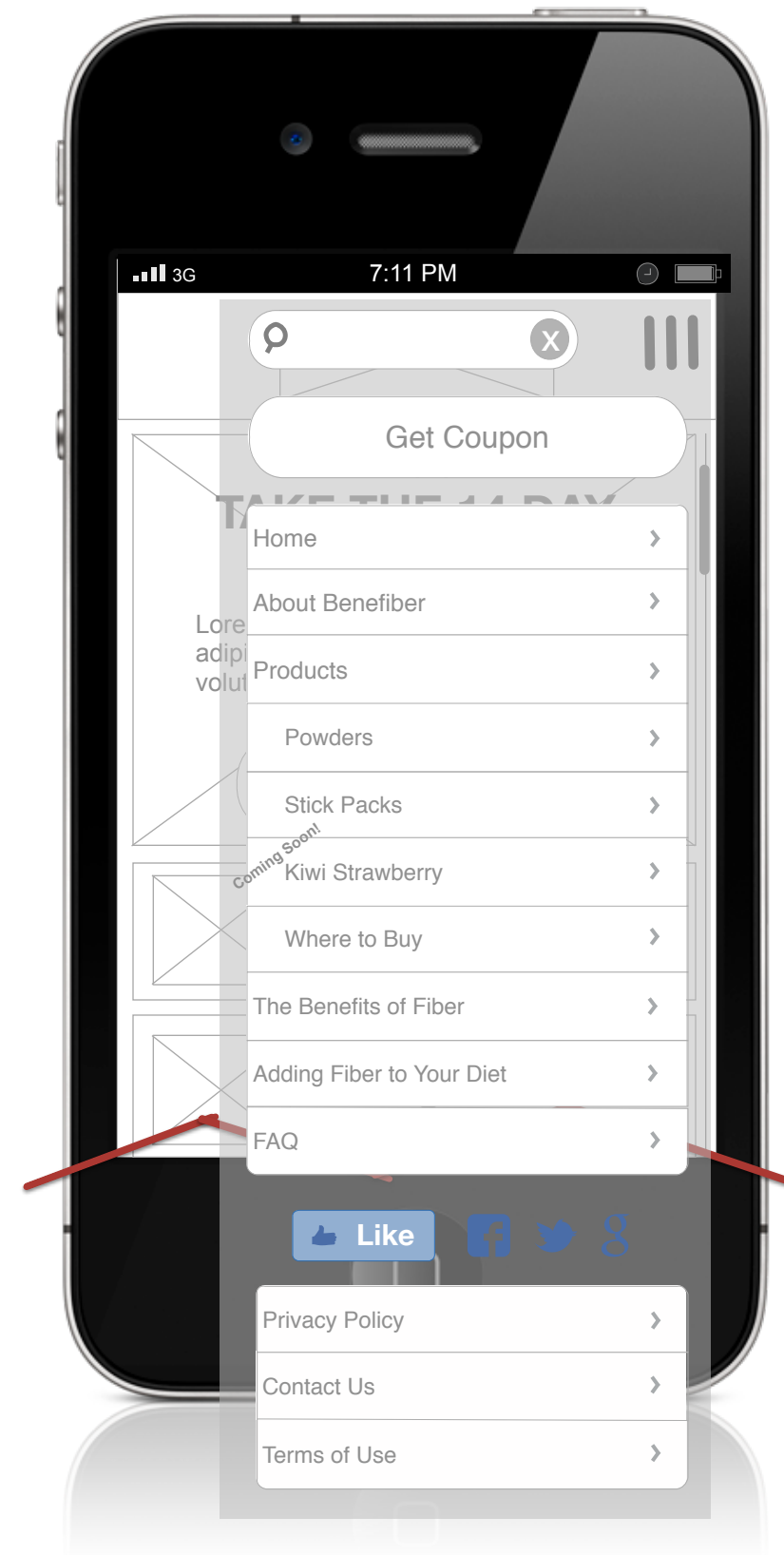
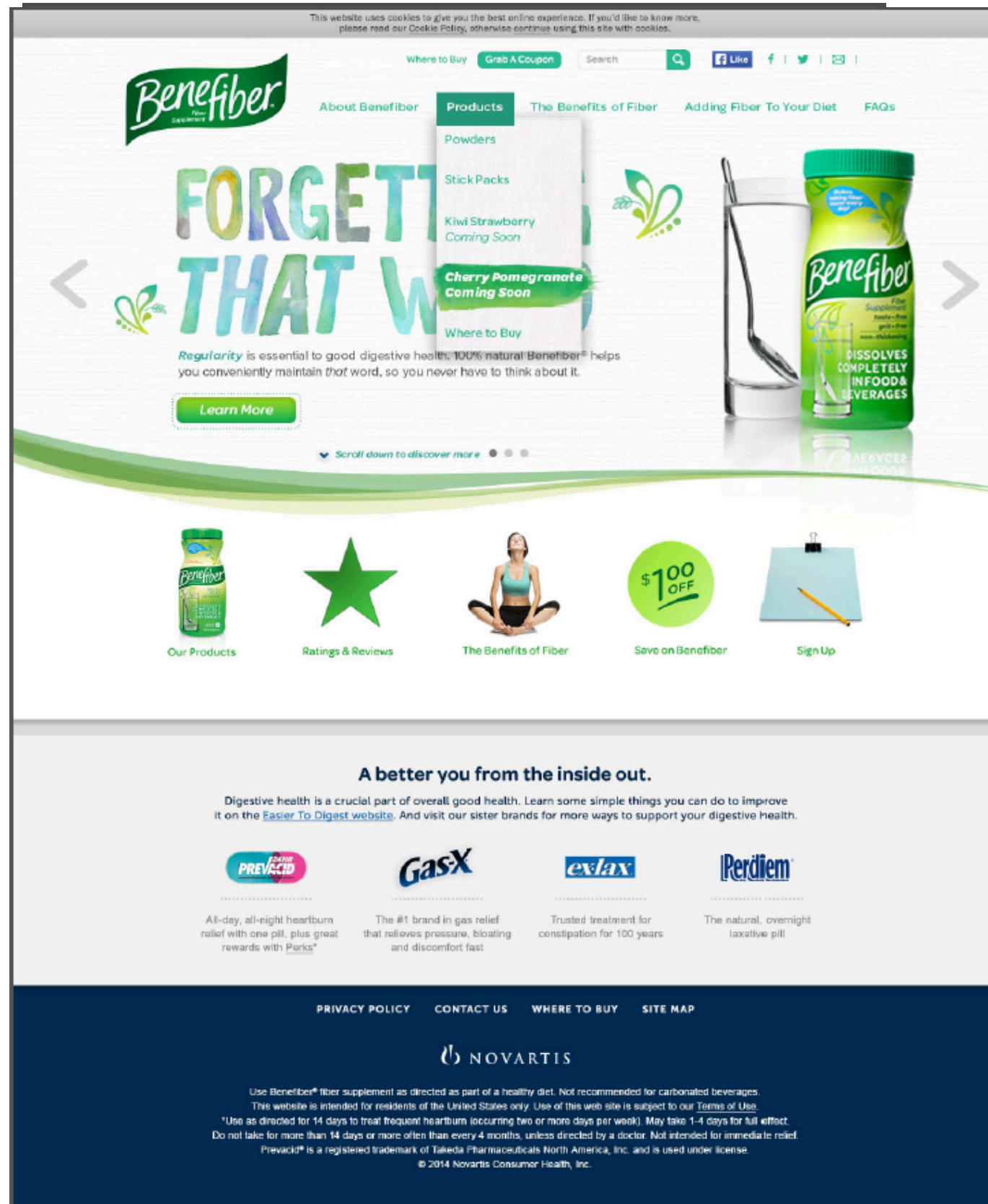
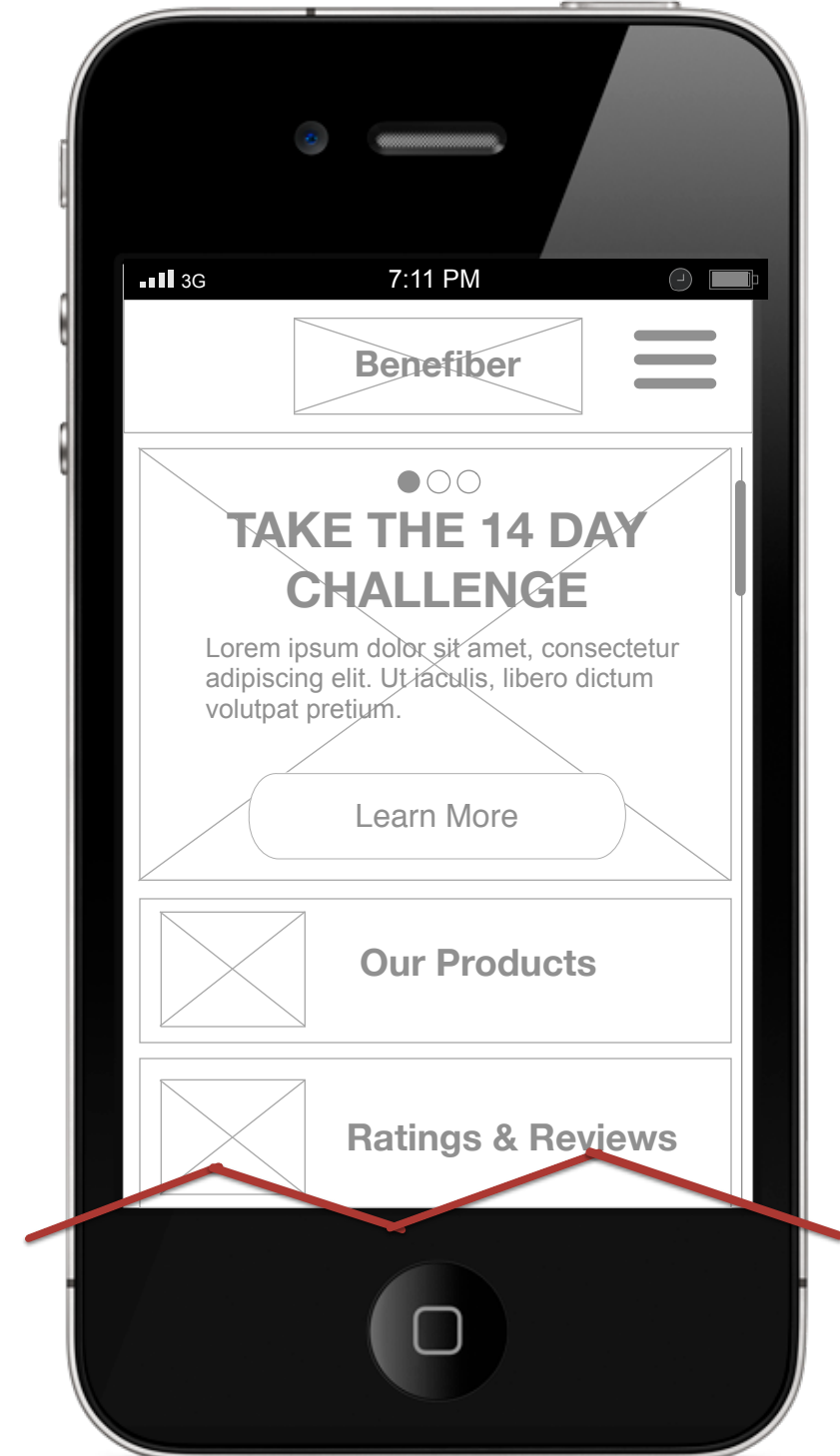


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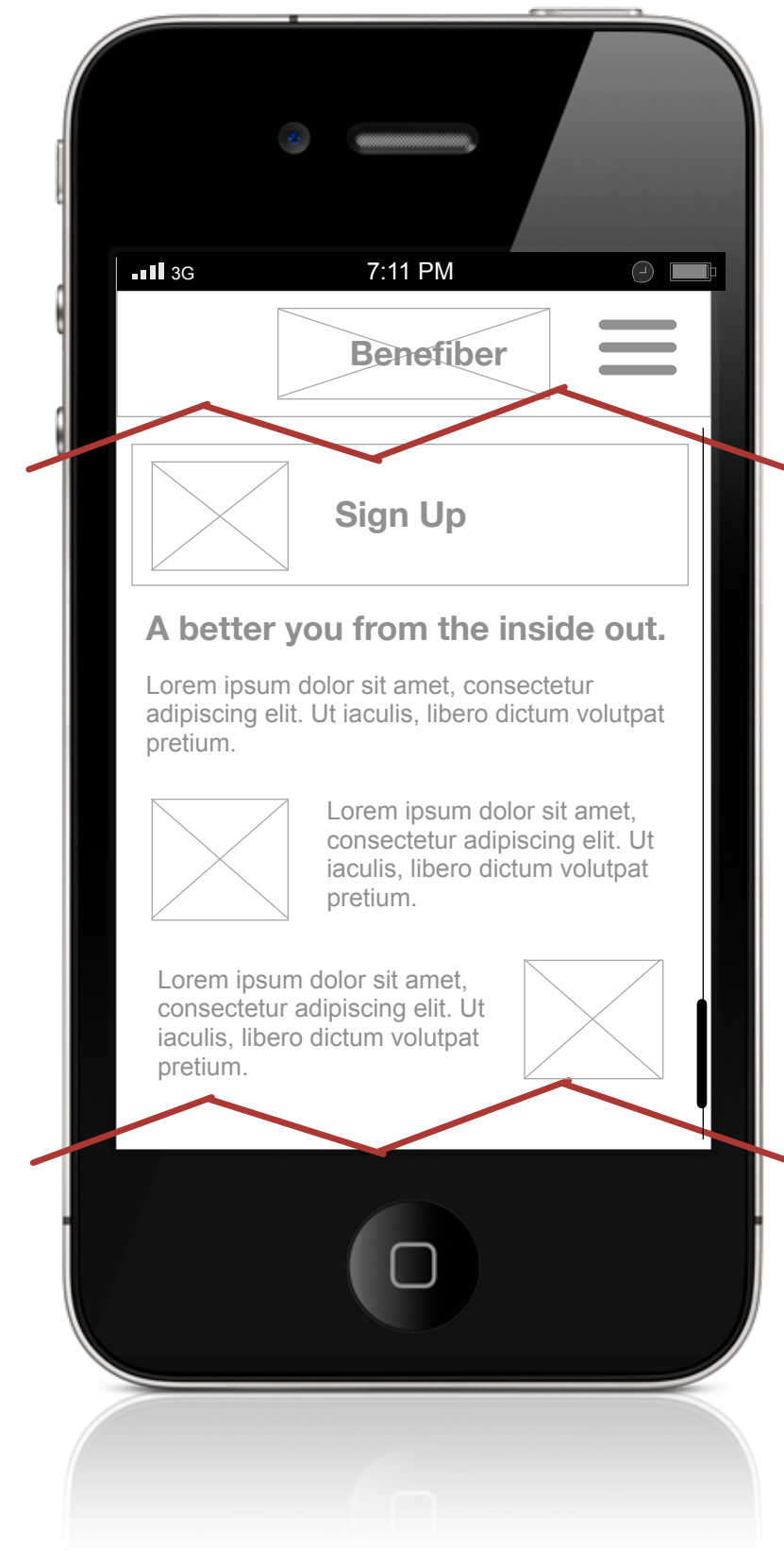
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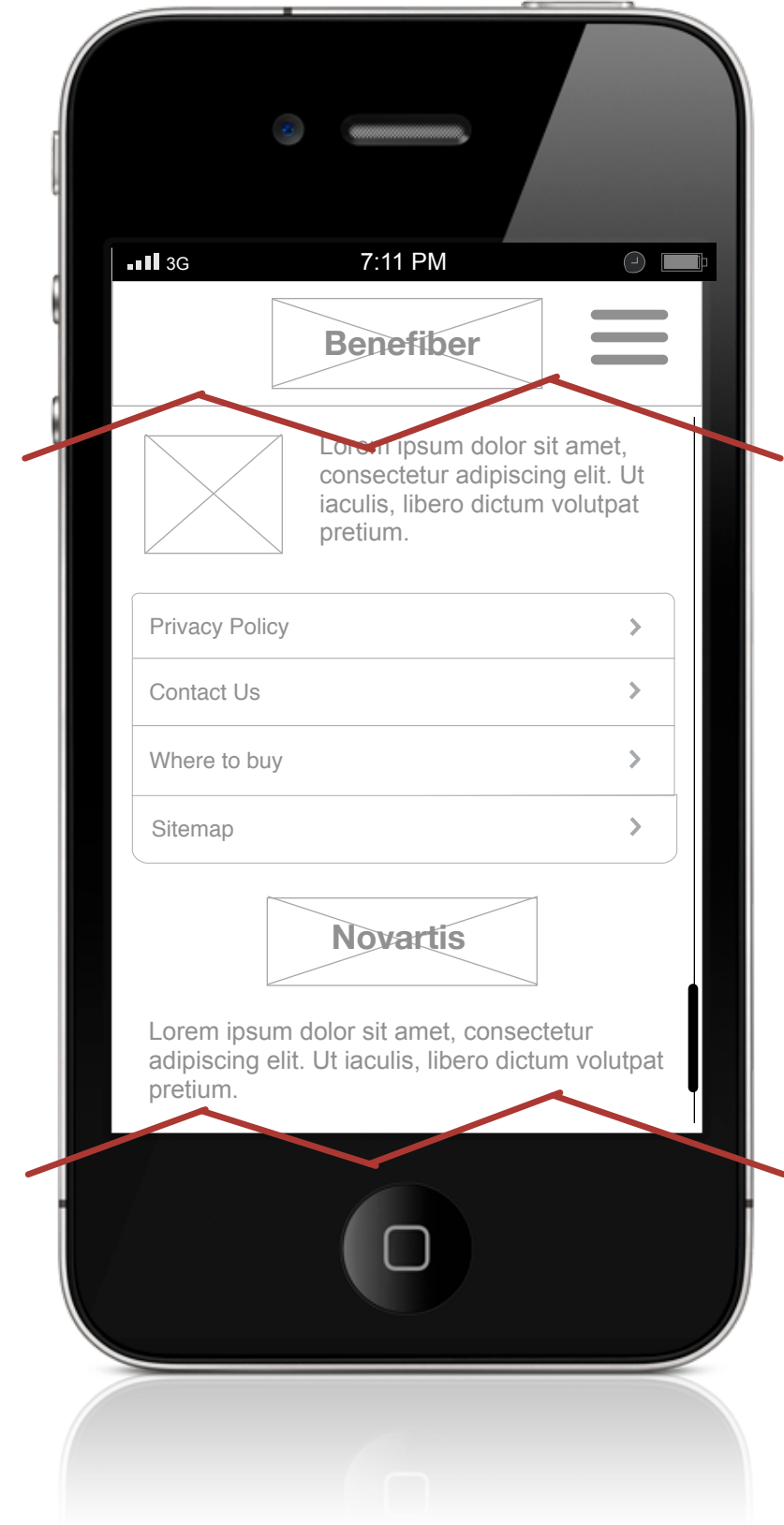
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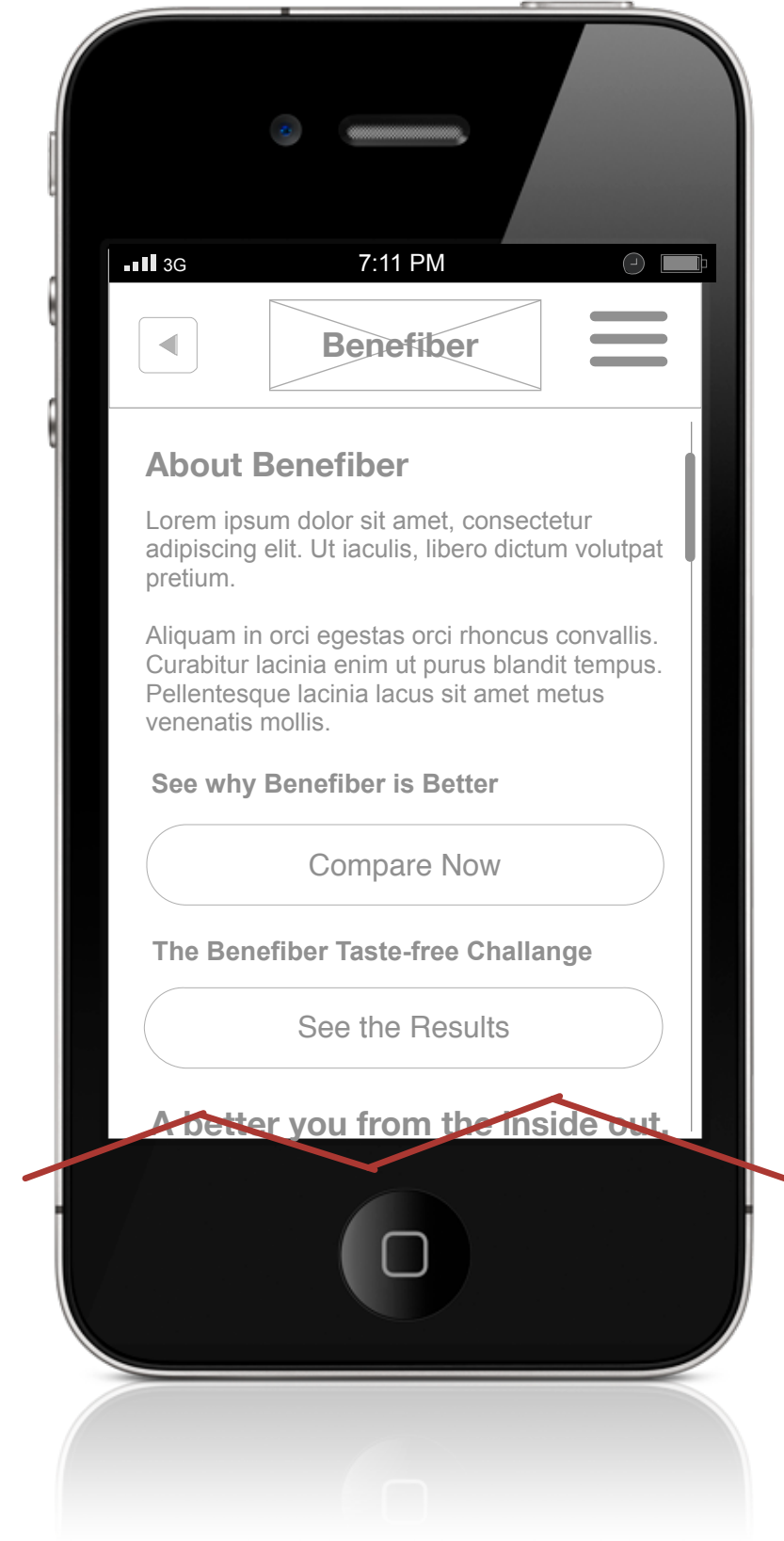
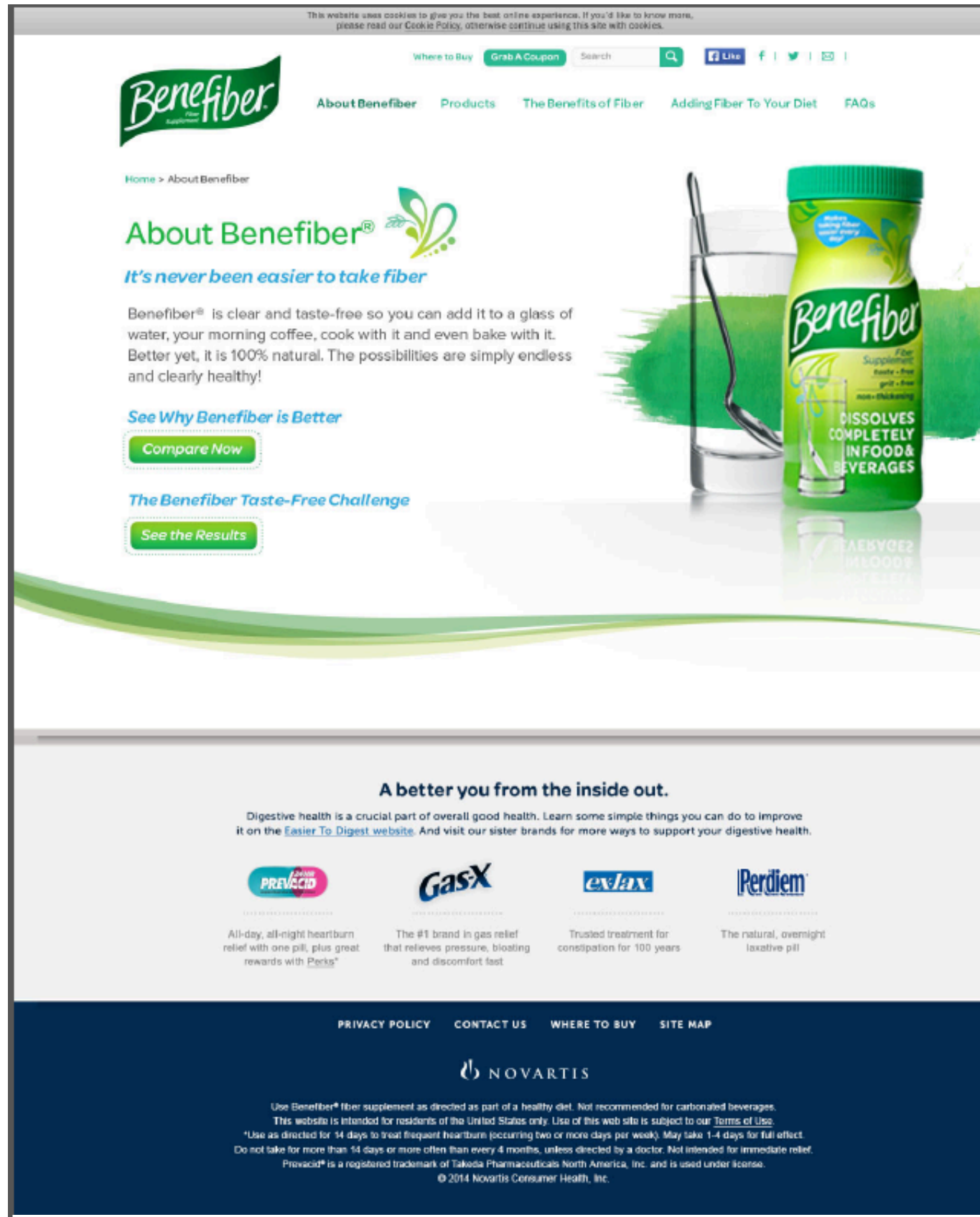
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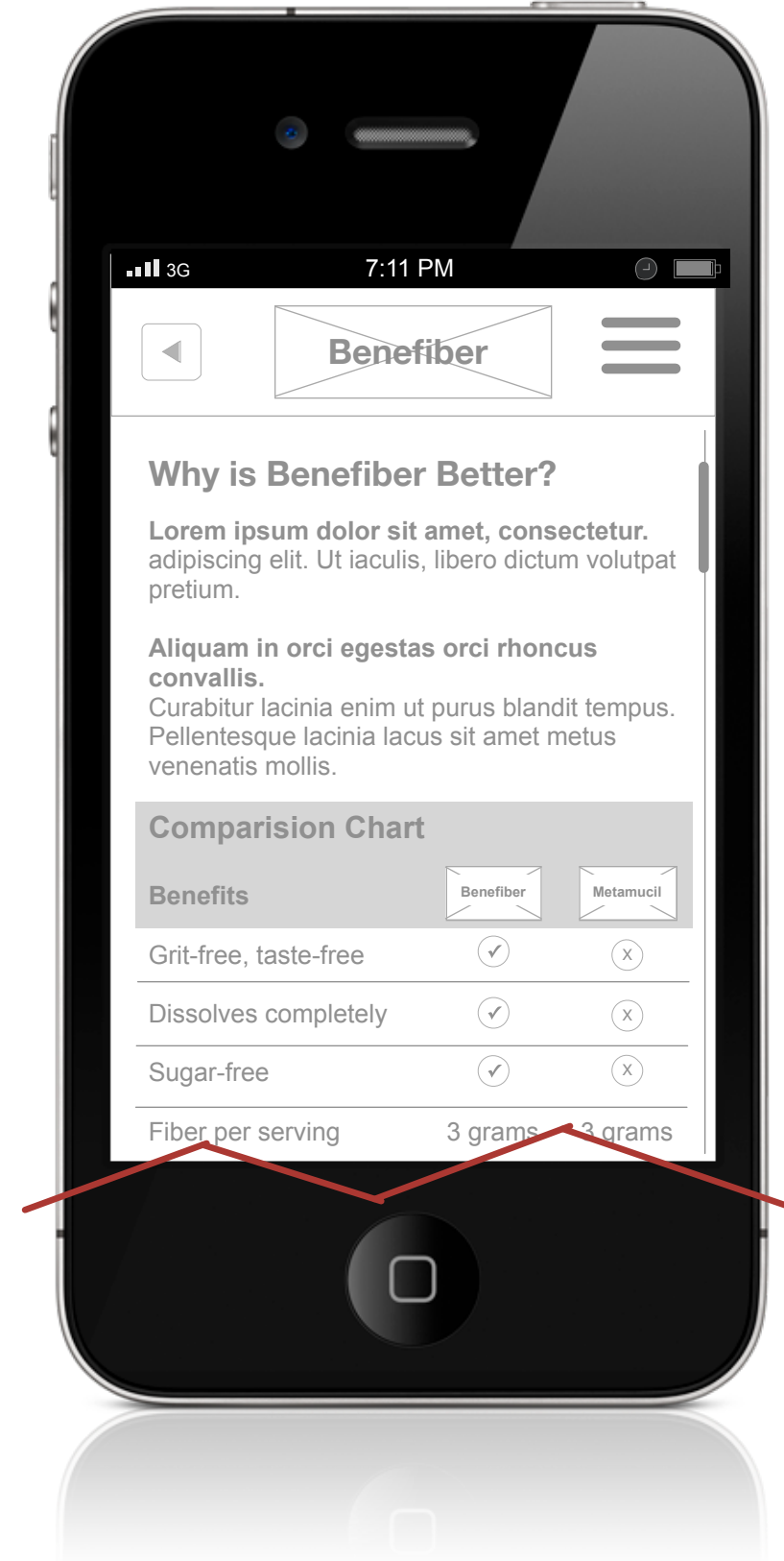
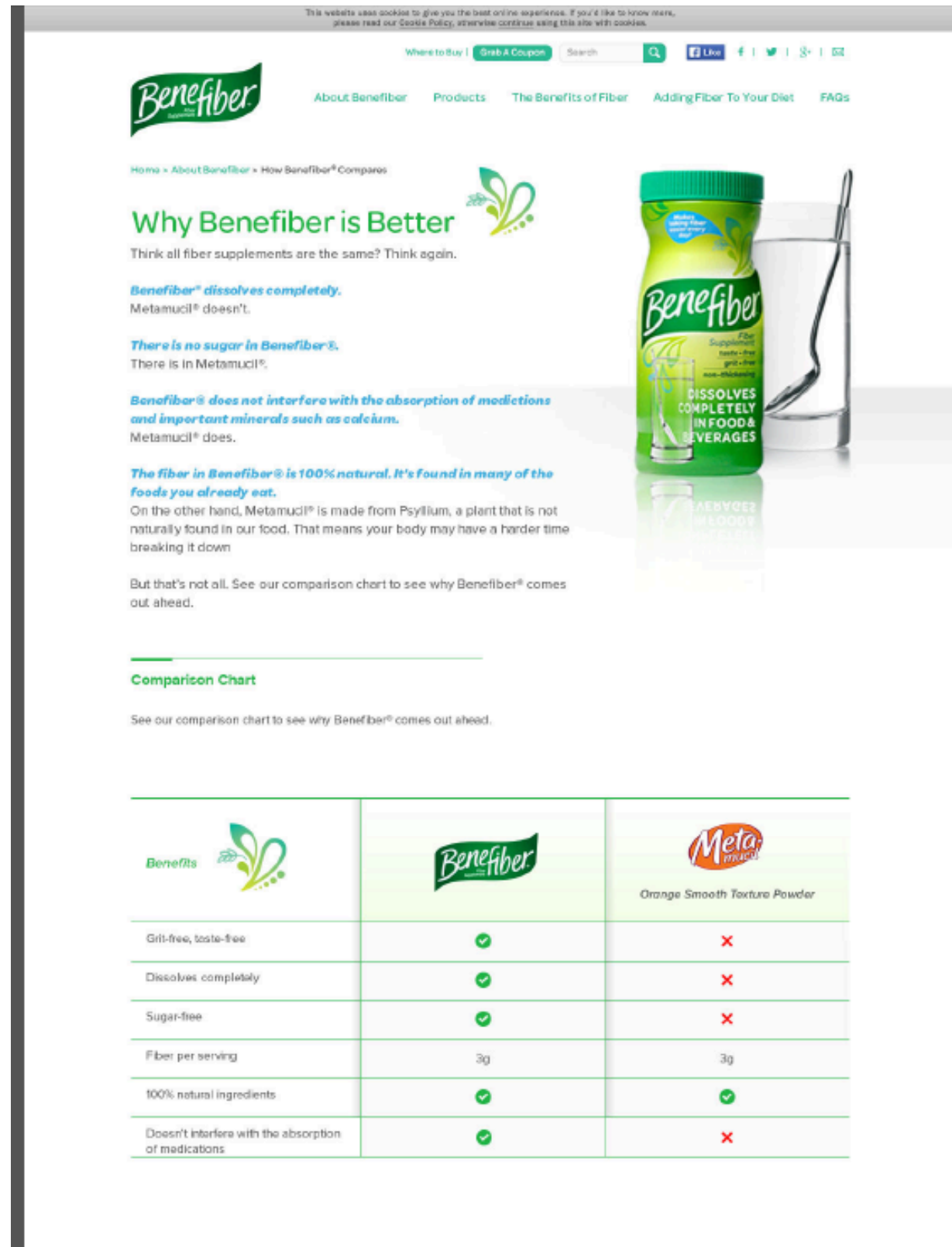
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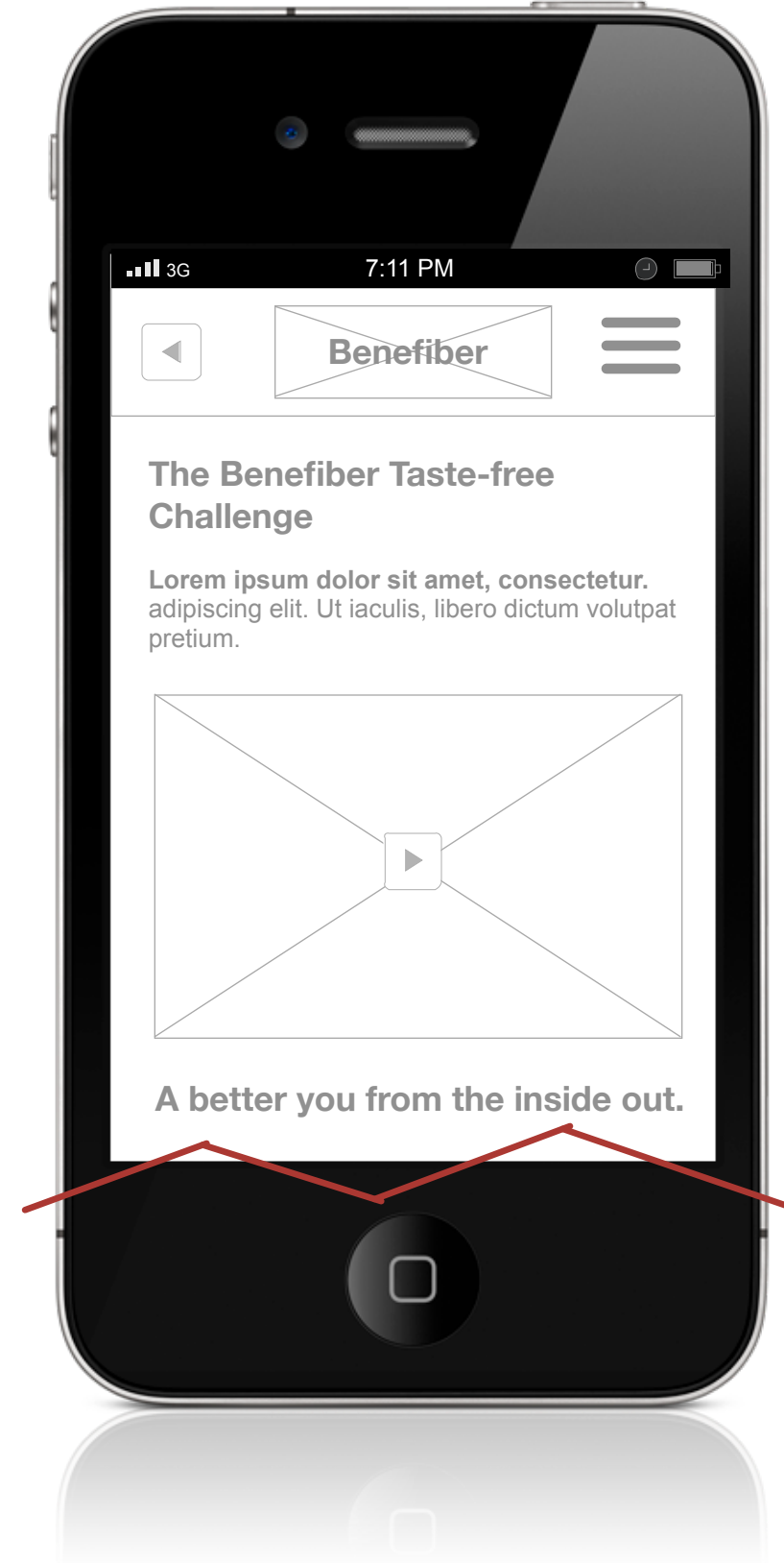
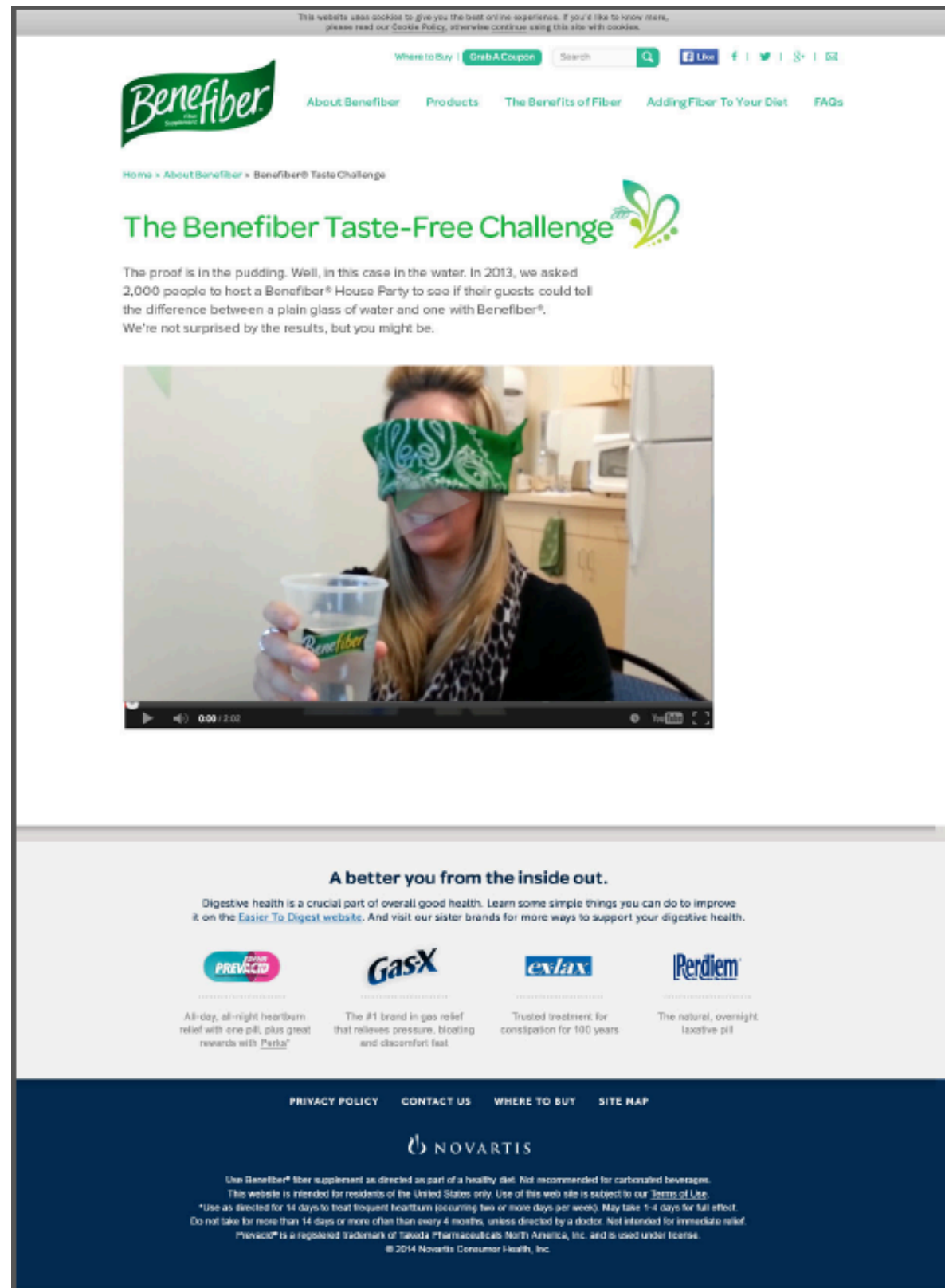


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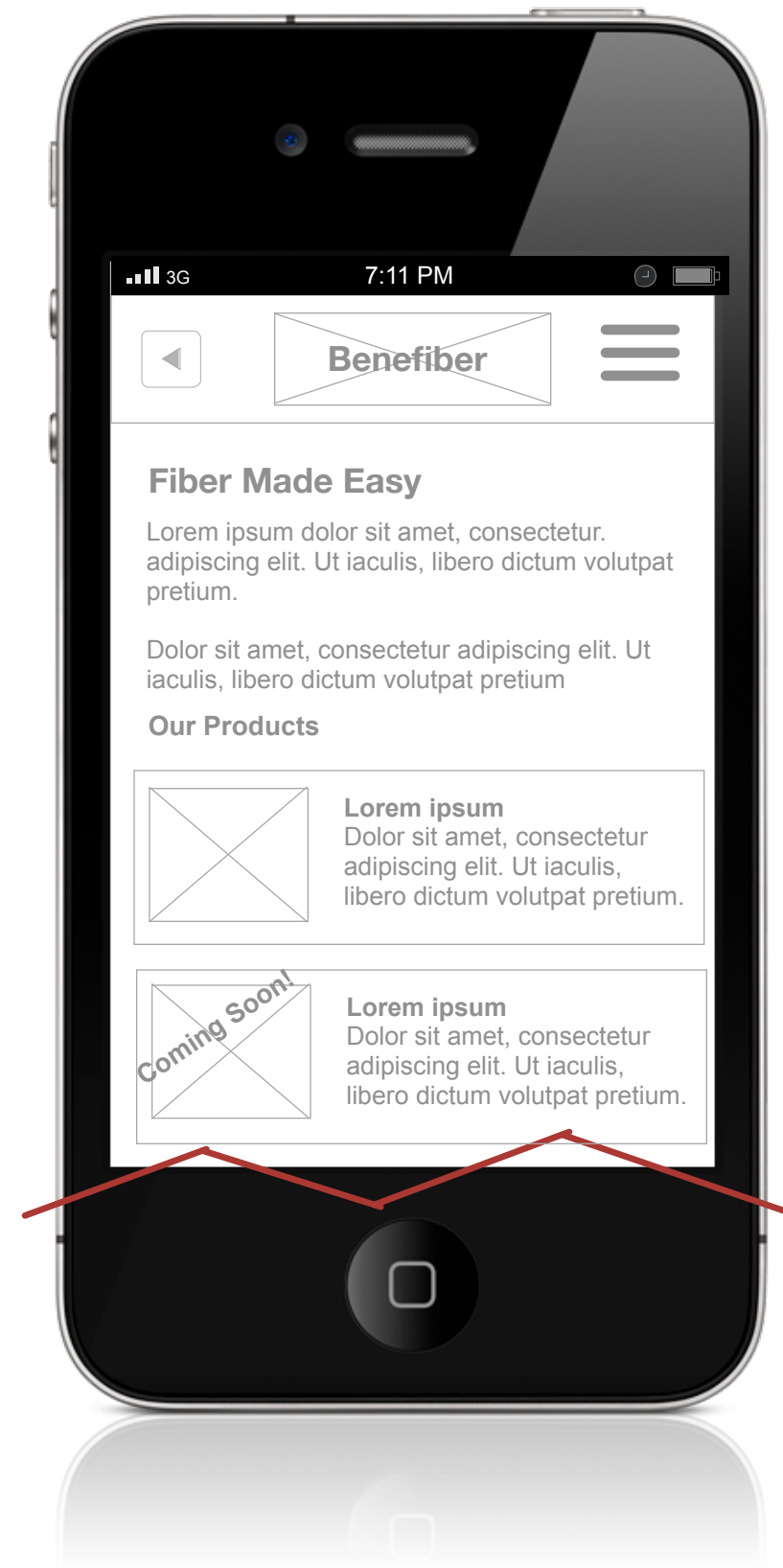
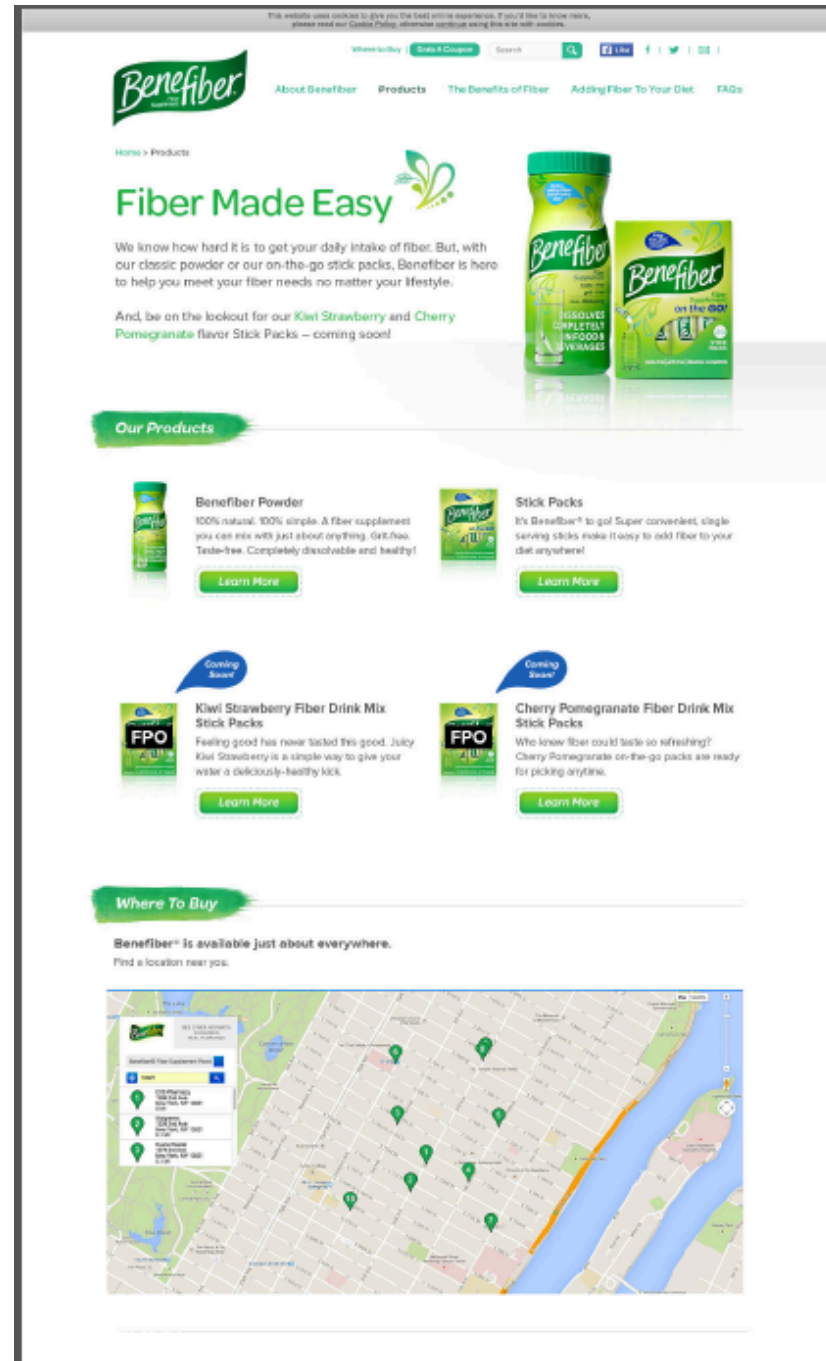
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The Benefiber Taste-free Challenge

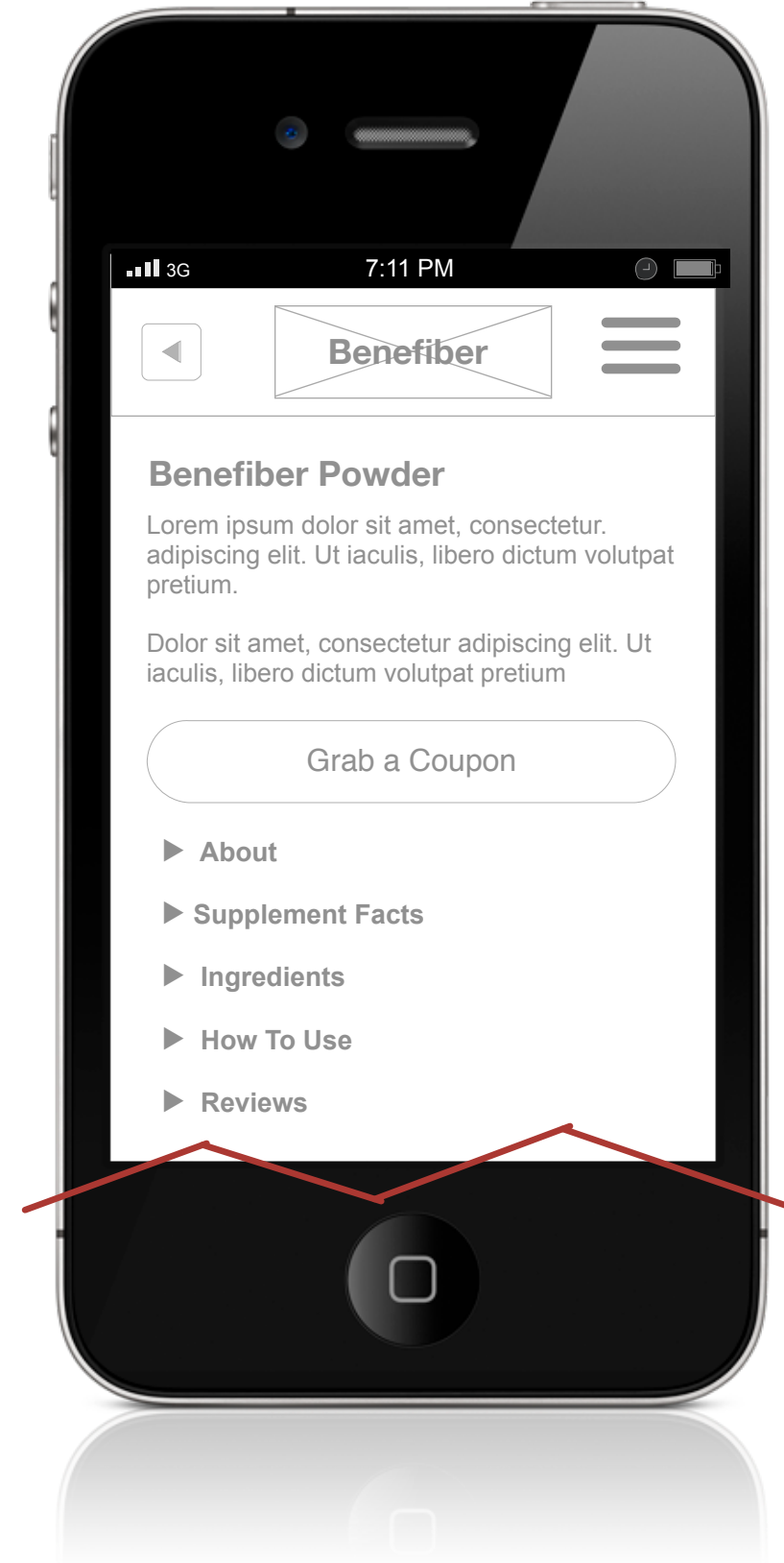
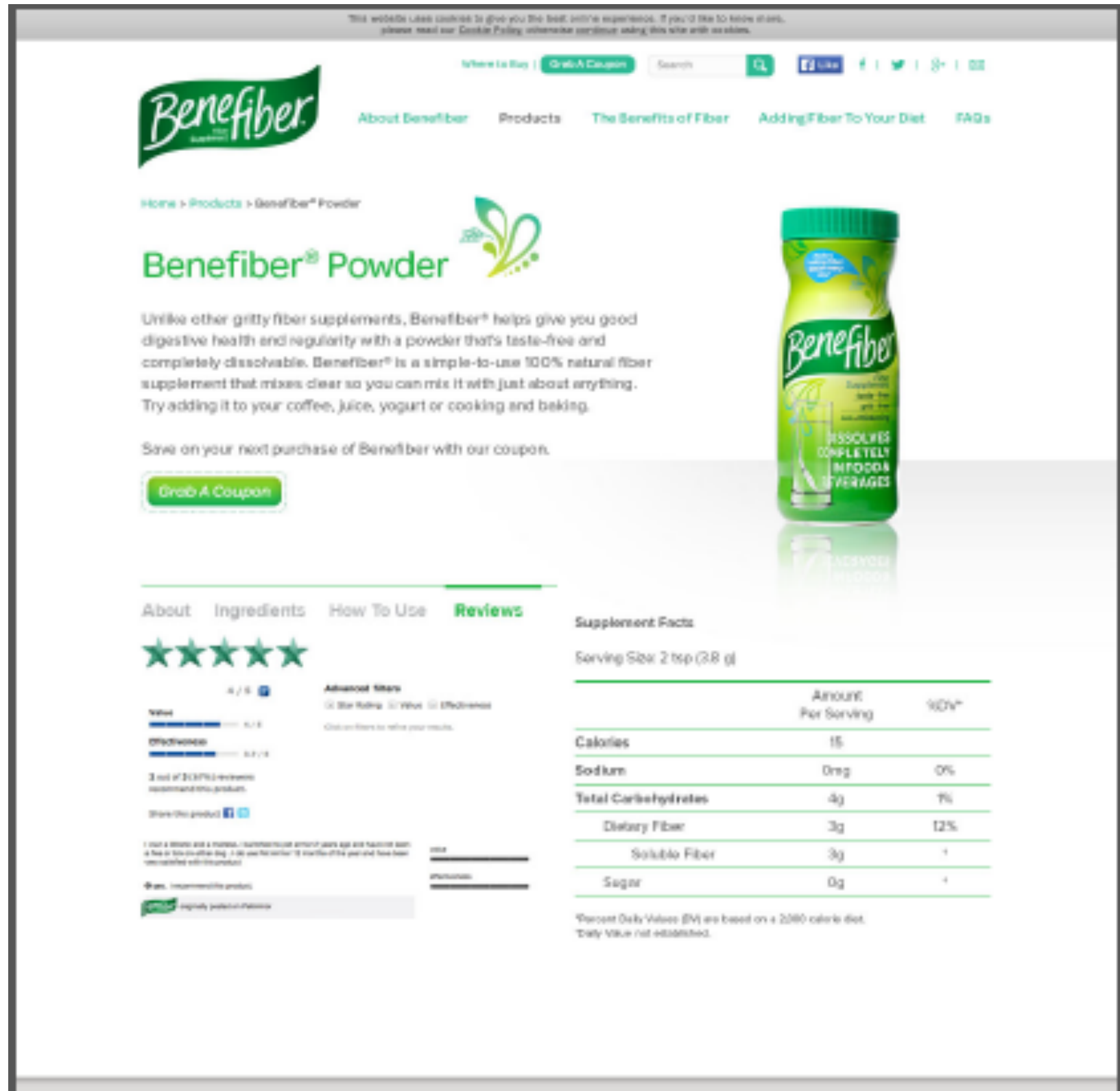


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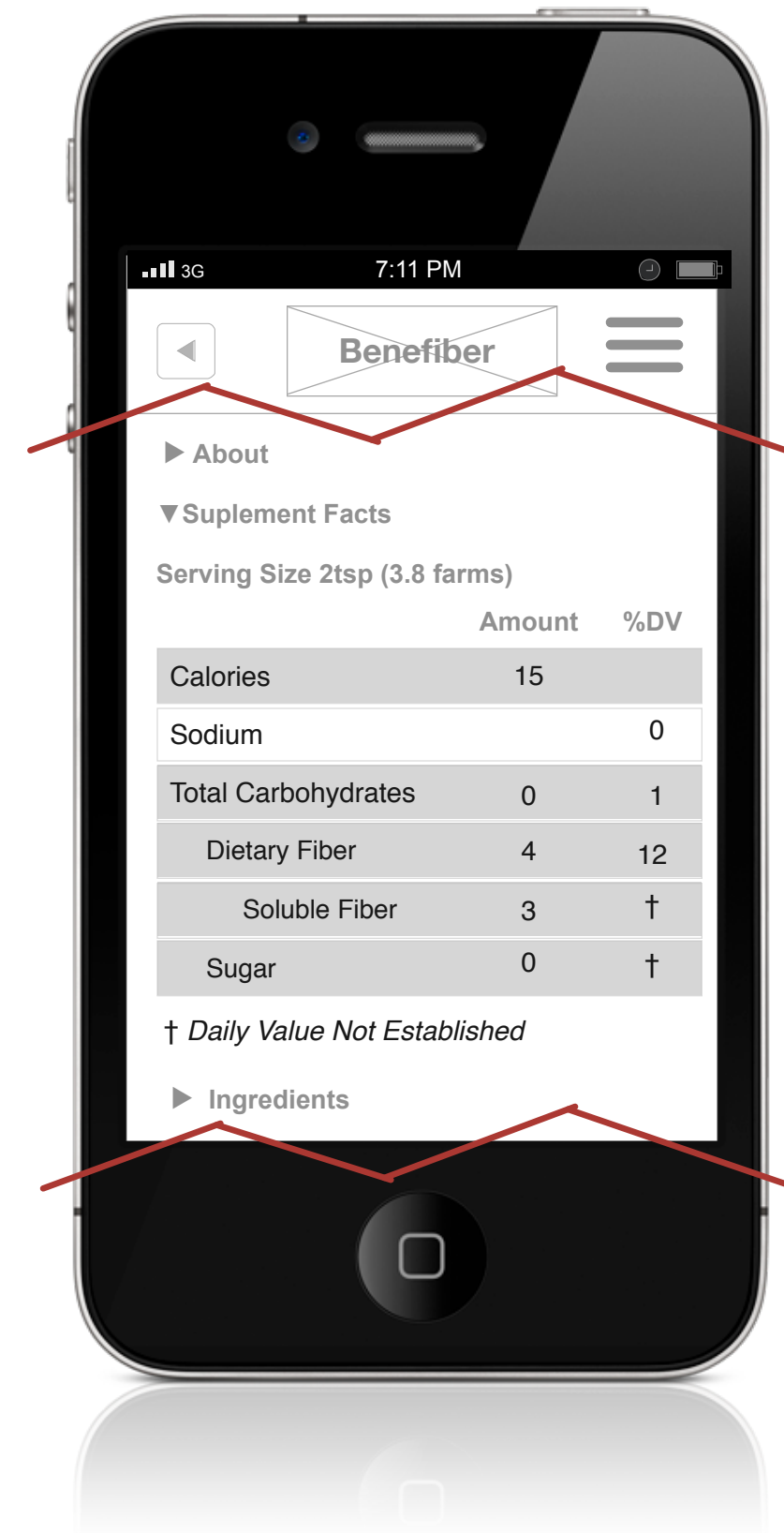
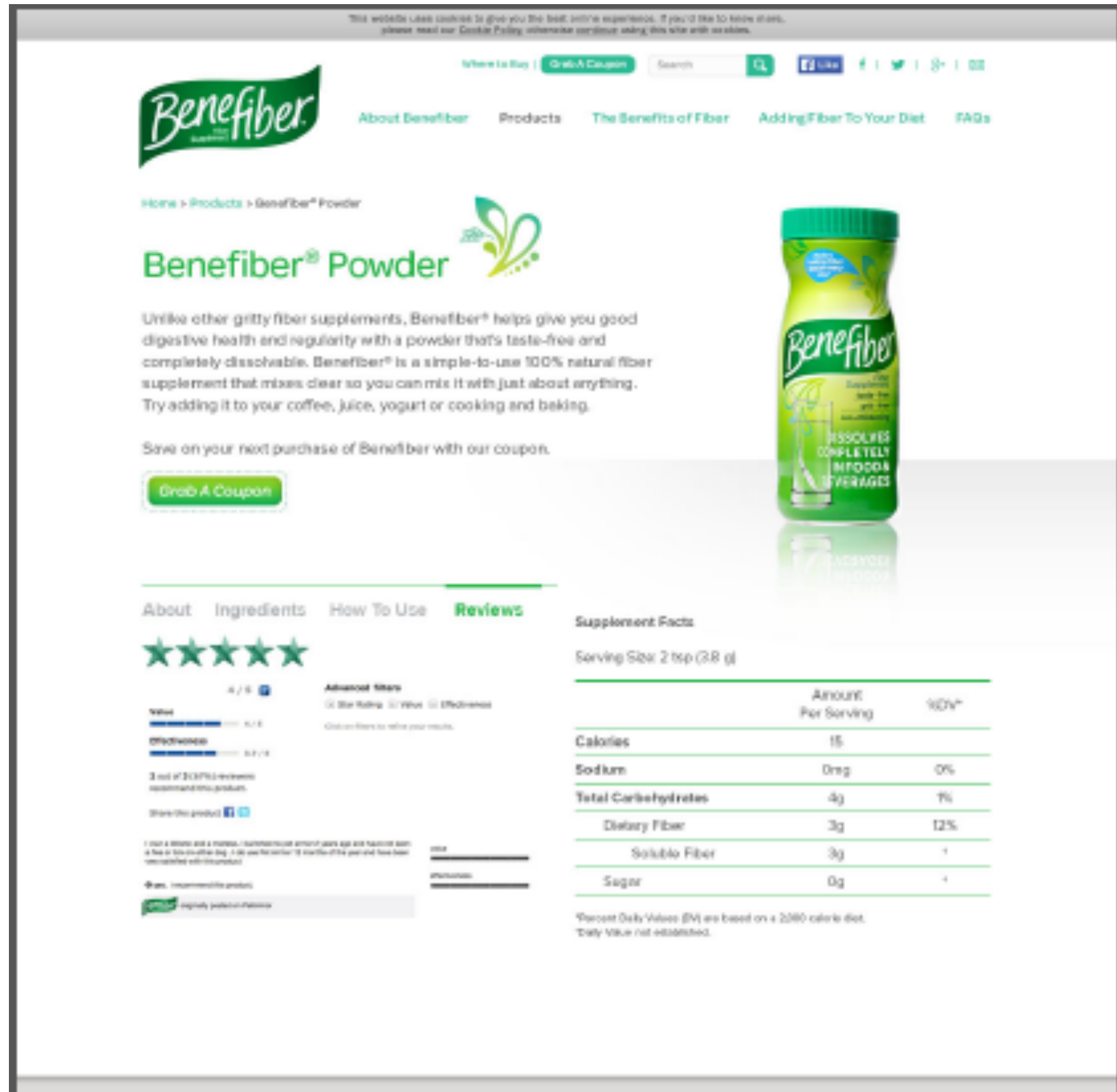
Fiber Made Easy



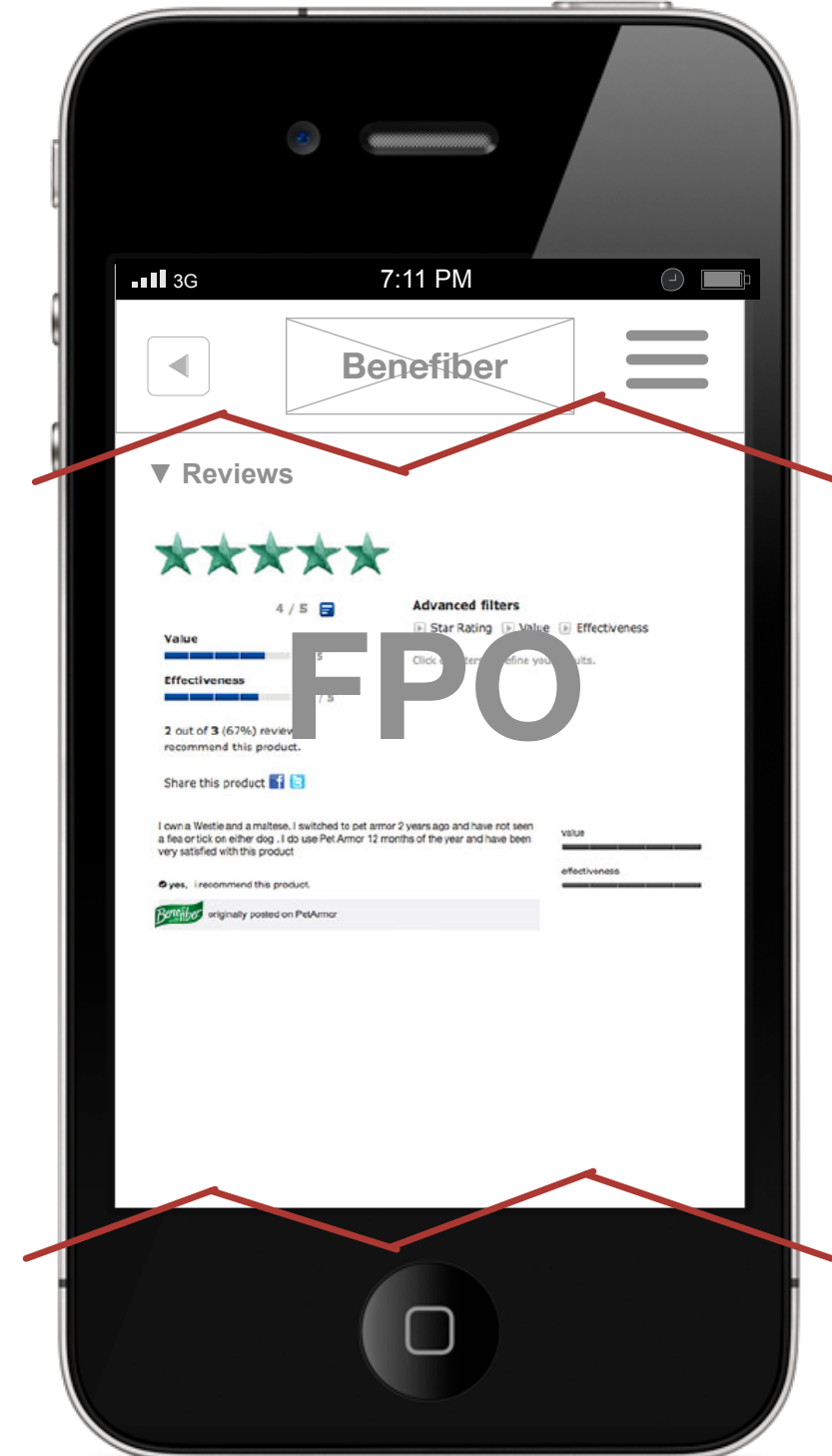
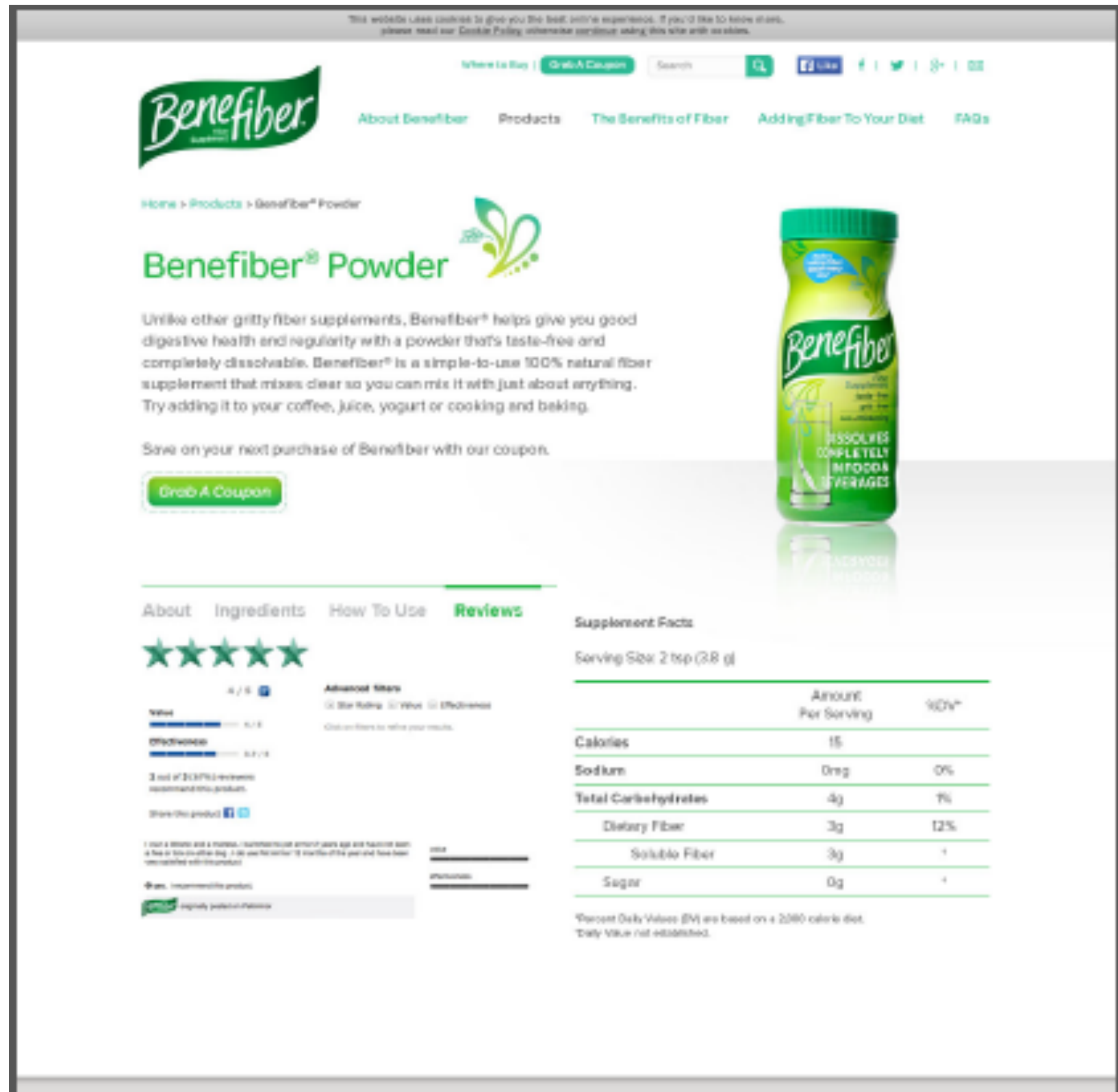
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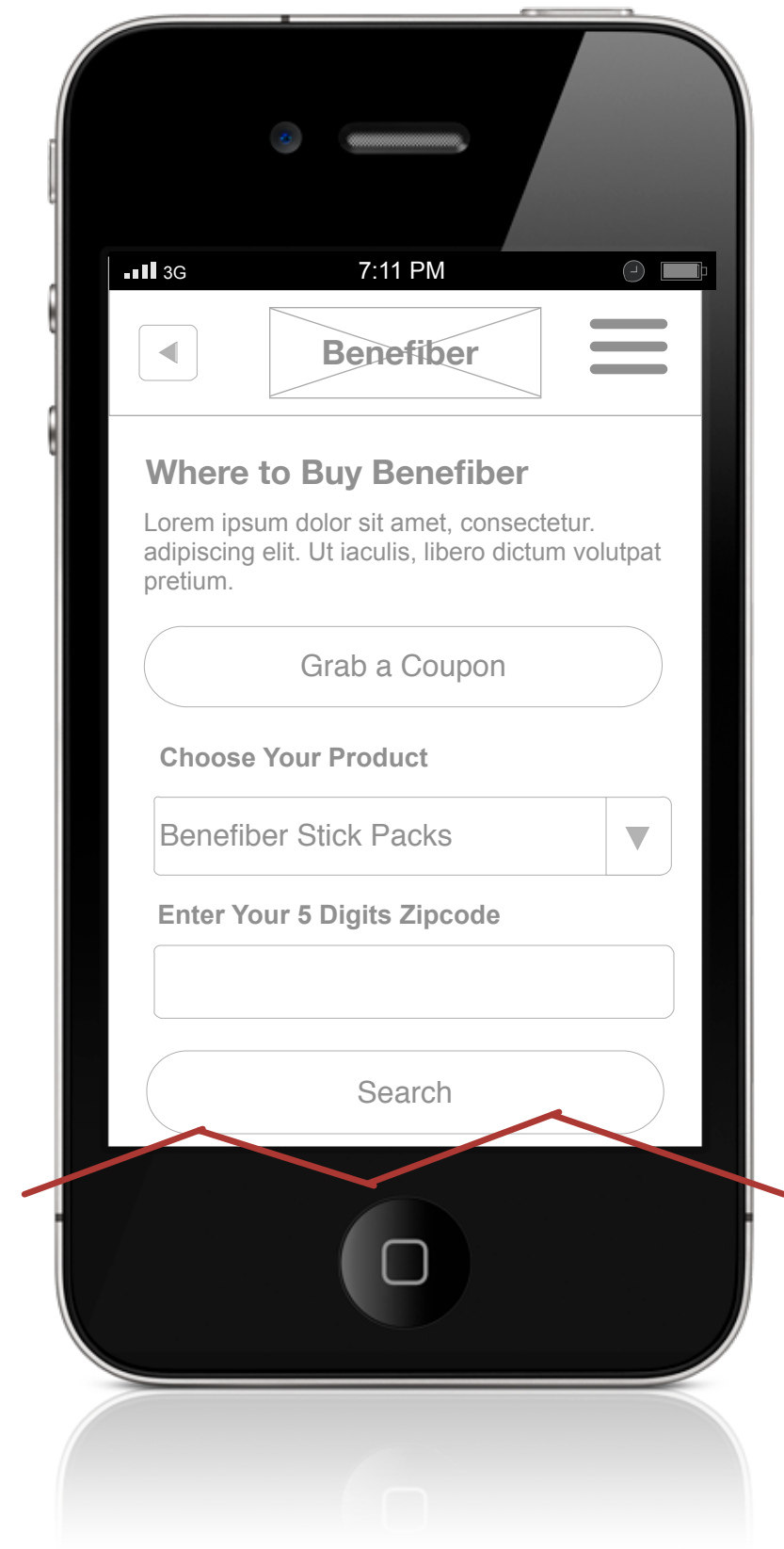
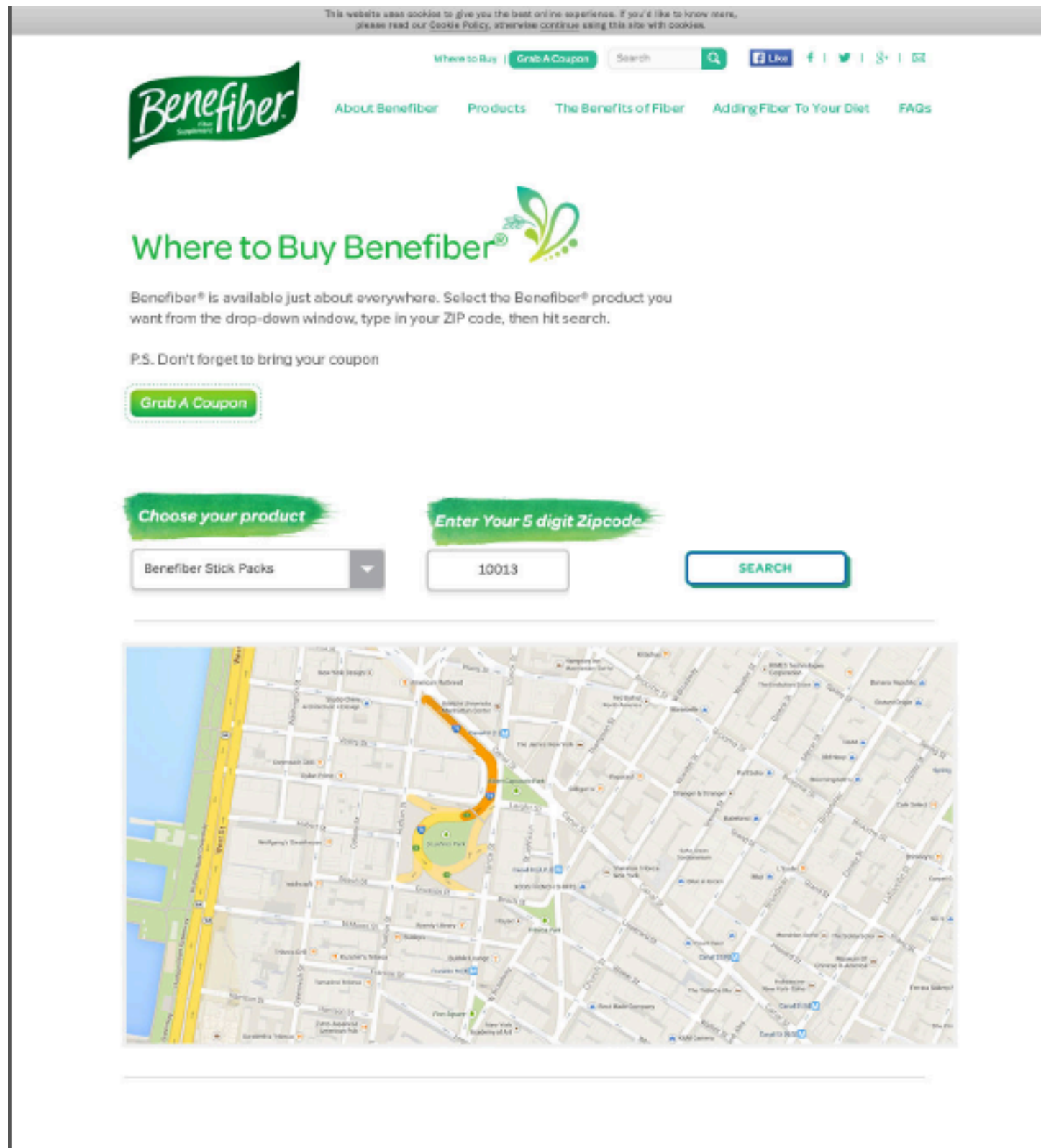
Benefiber Powder - Supplement Facts



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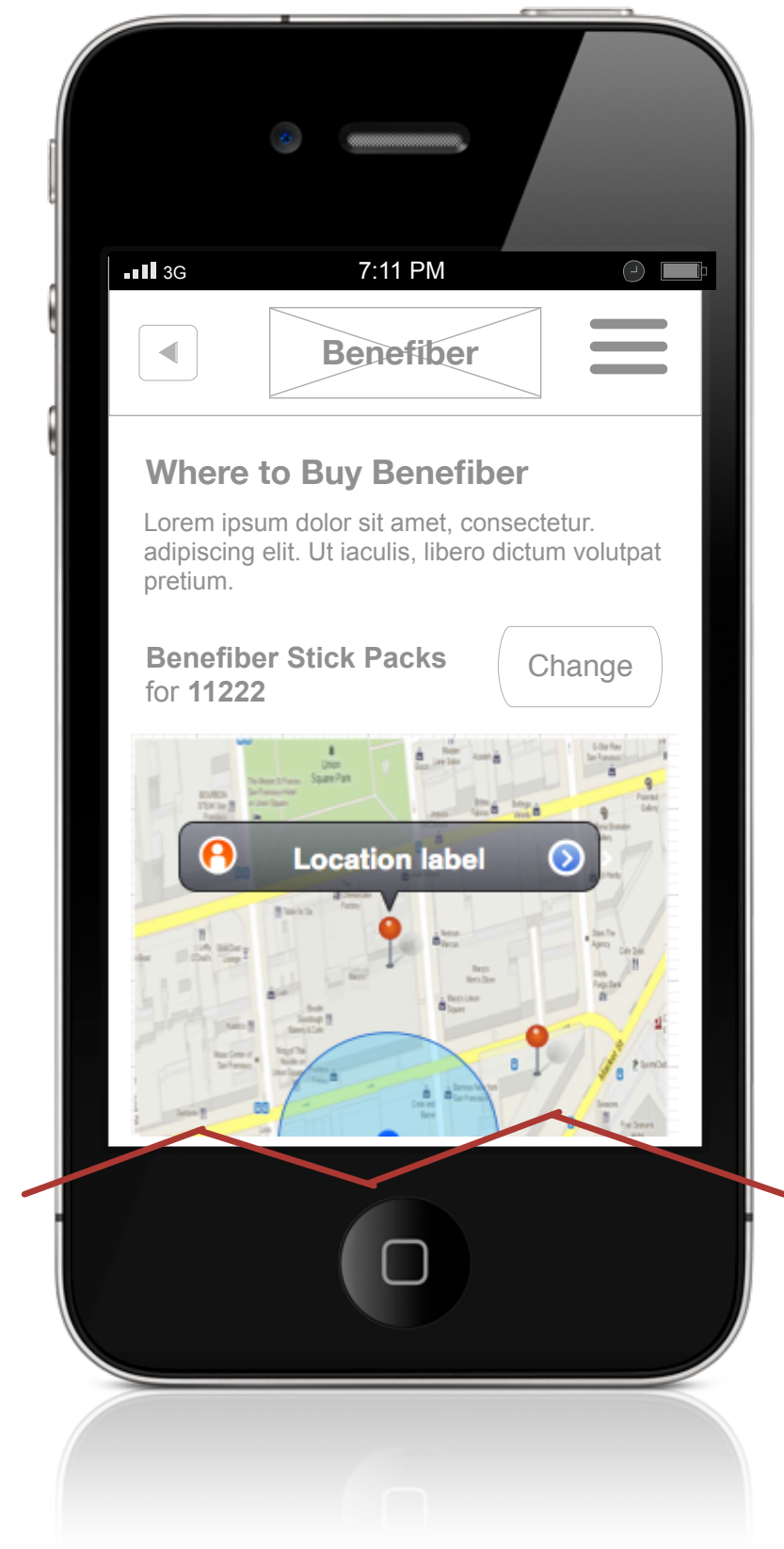
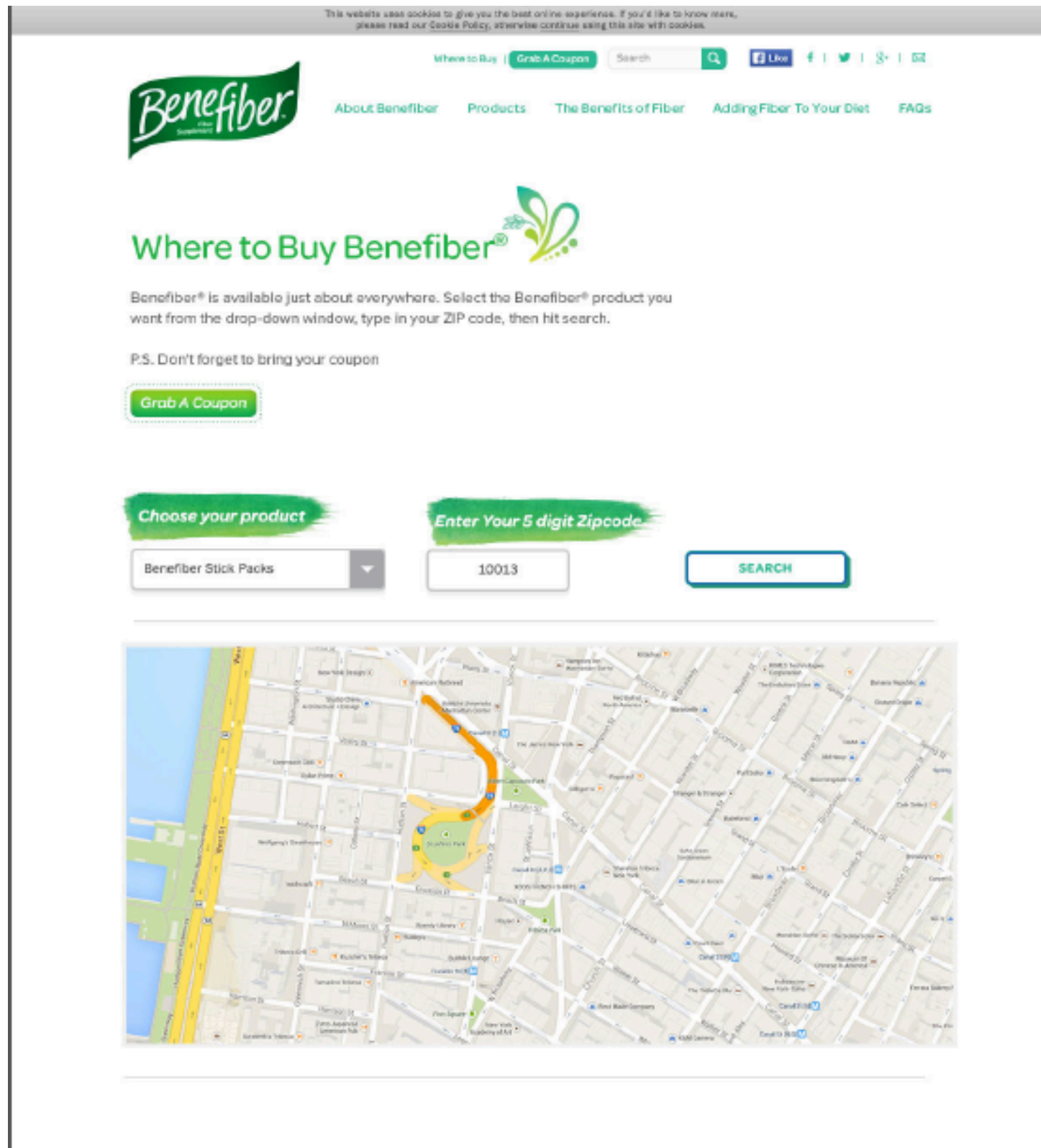


Where to Buy



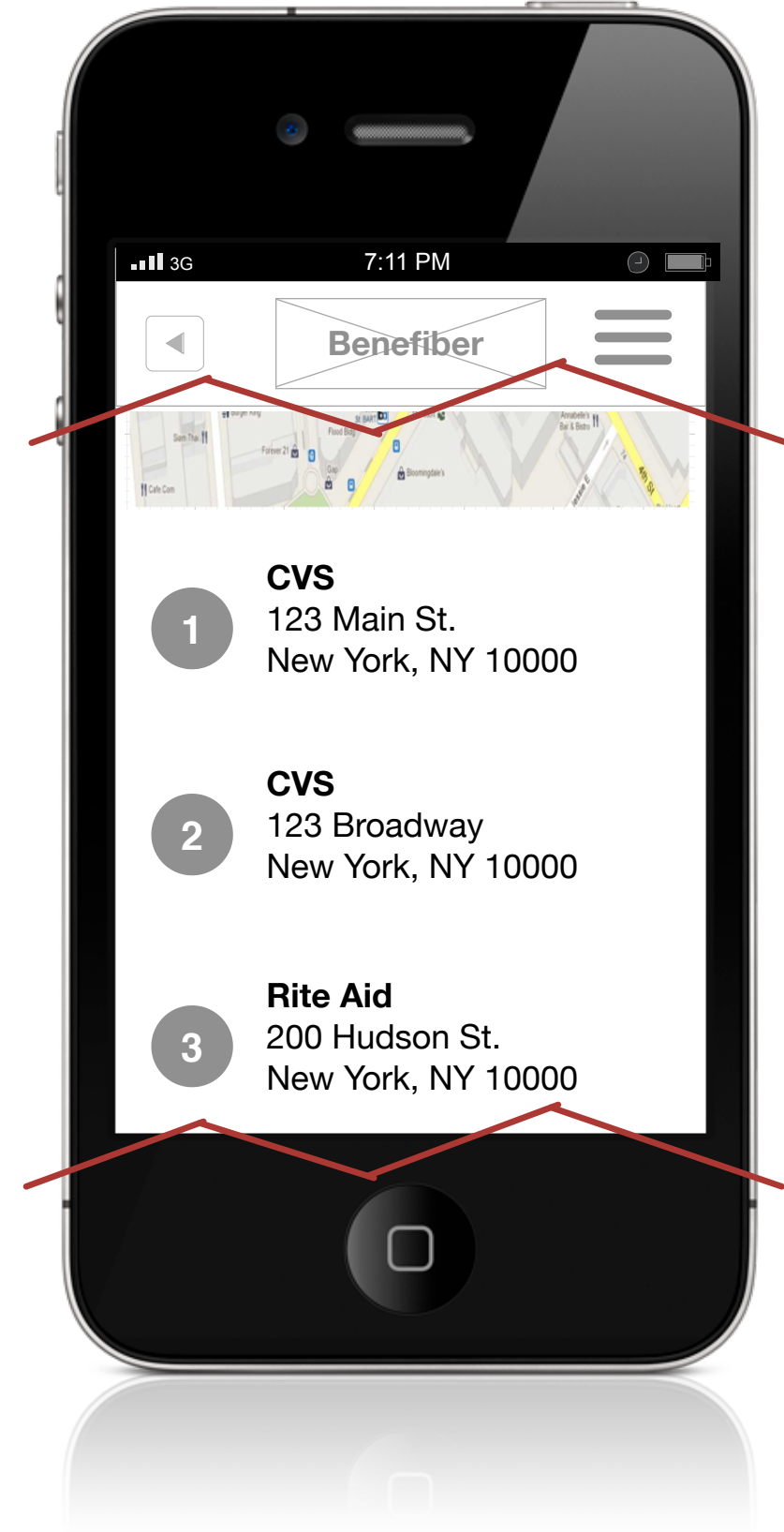
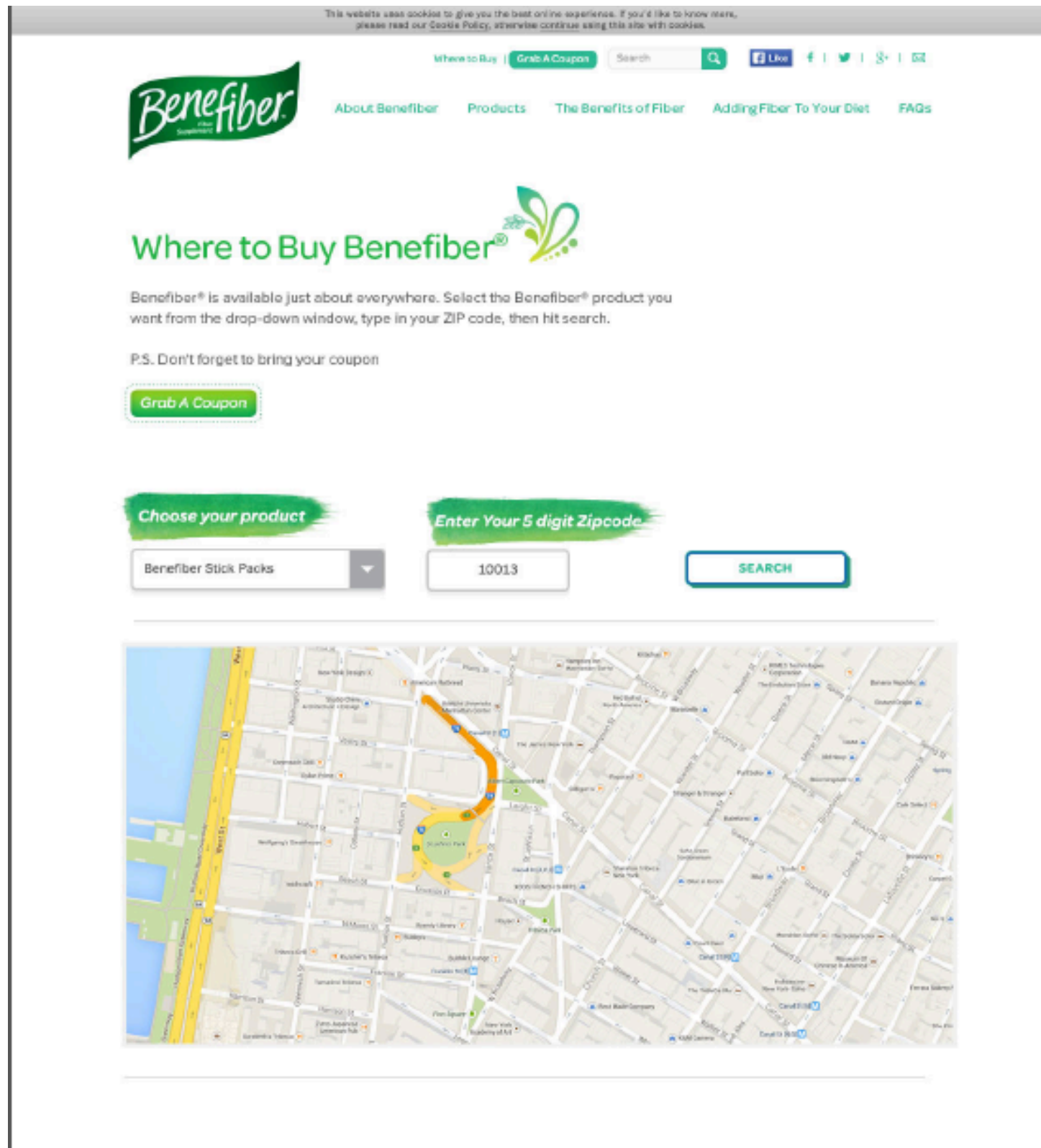
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Where to Buy Results



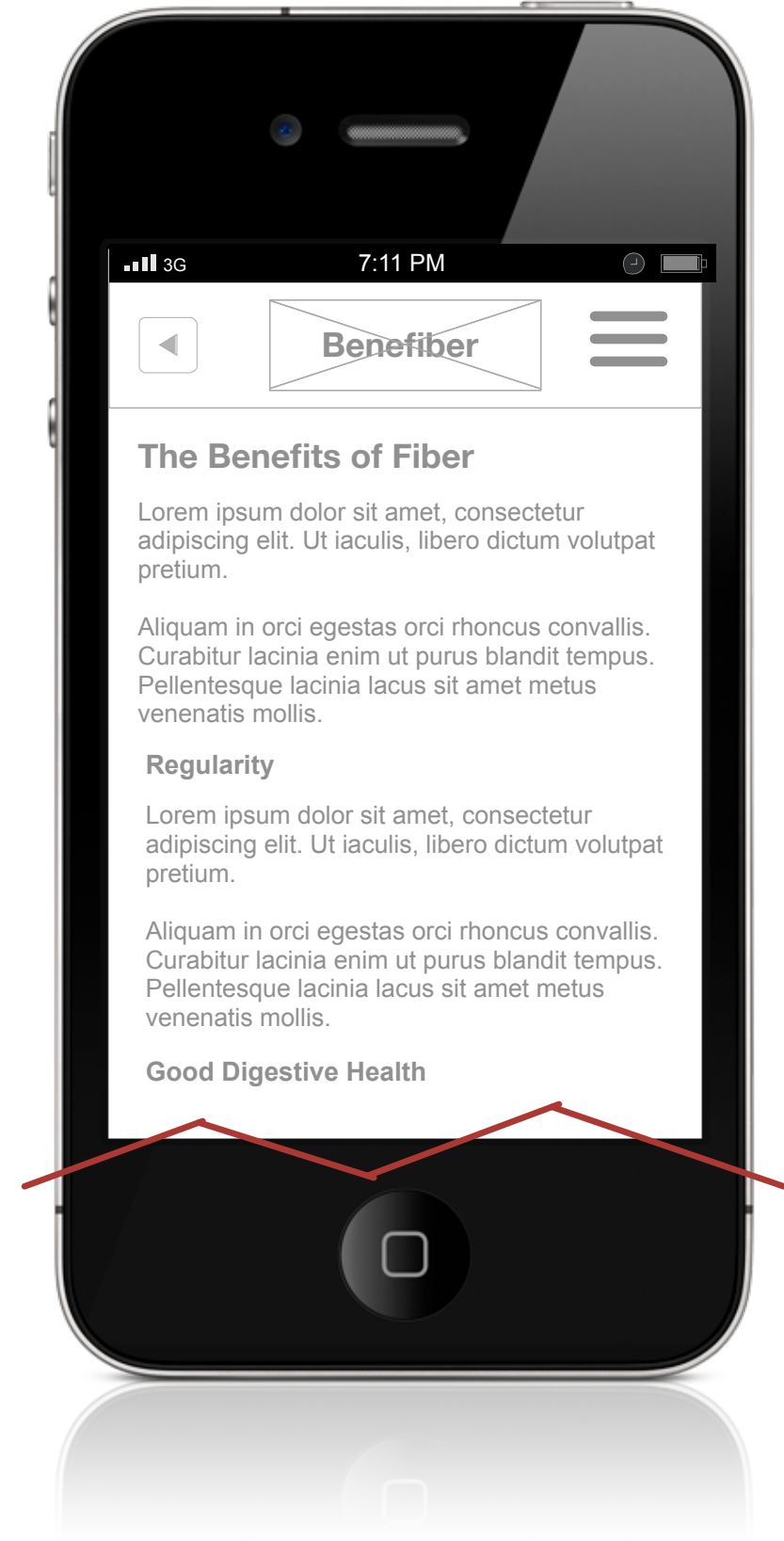
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Where to Buy Results List



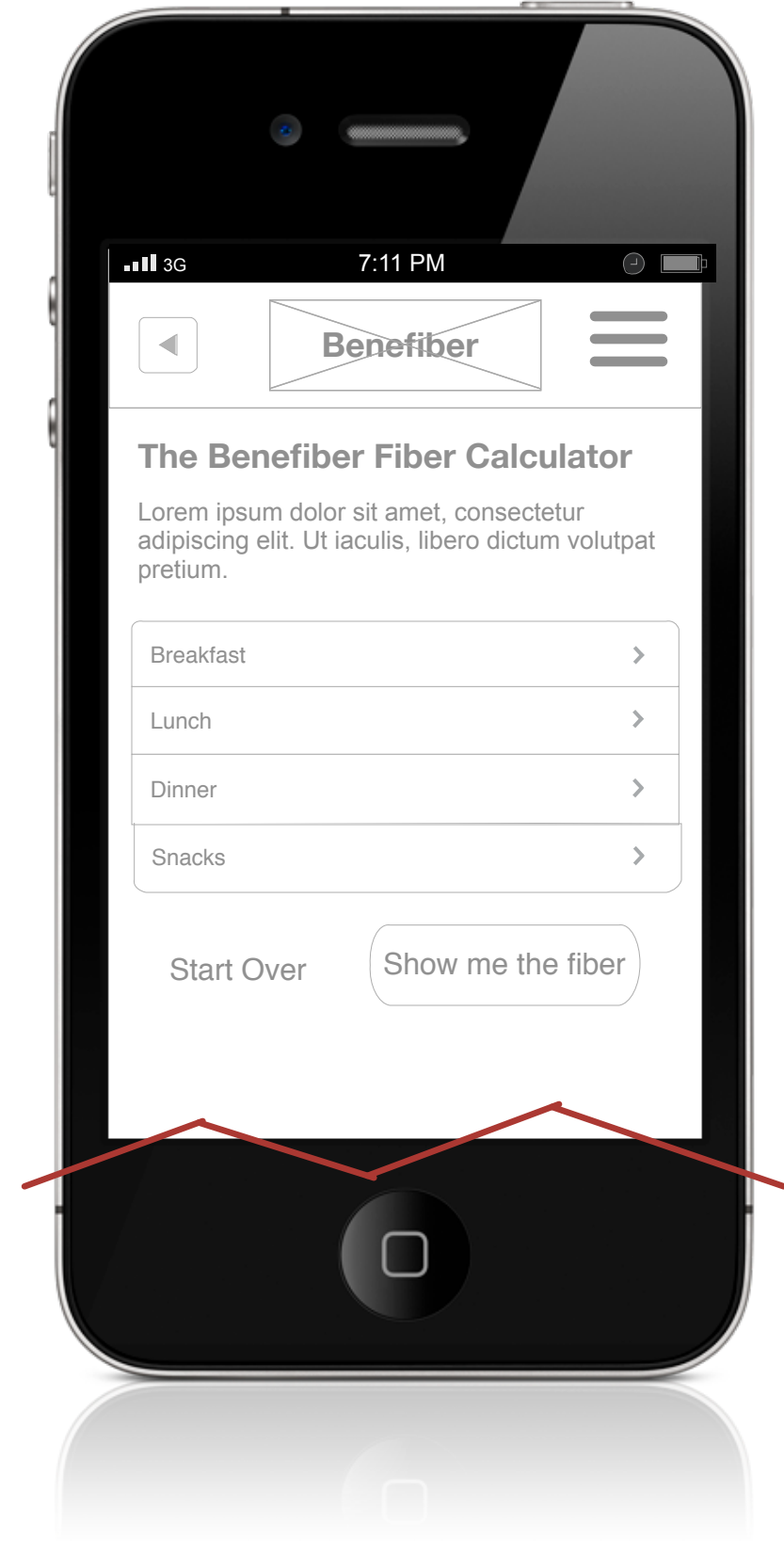
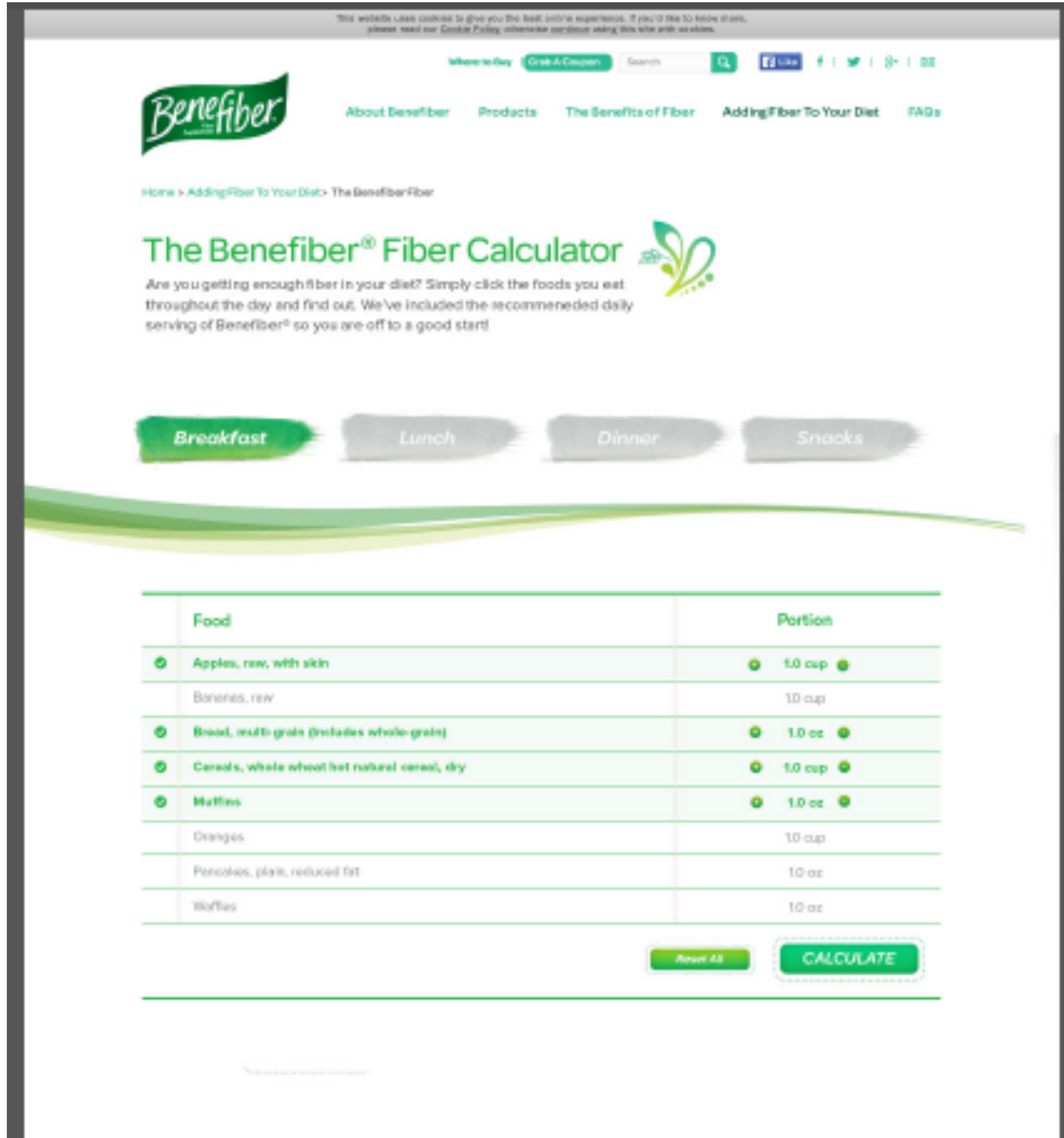
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The Benefits of Fiber

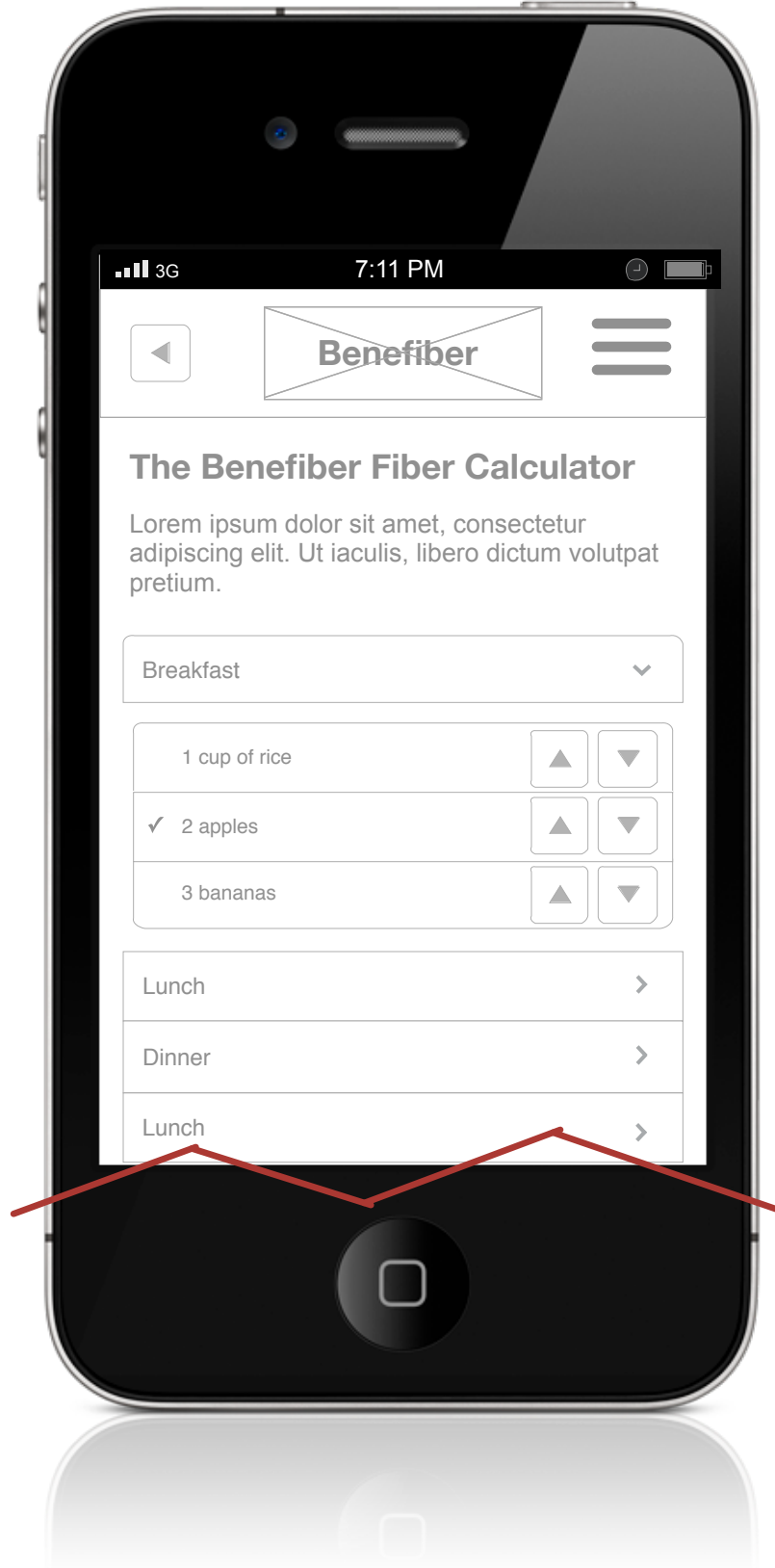


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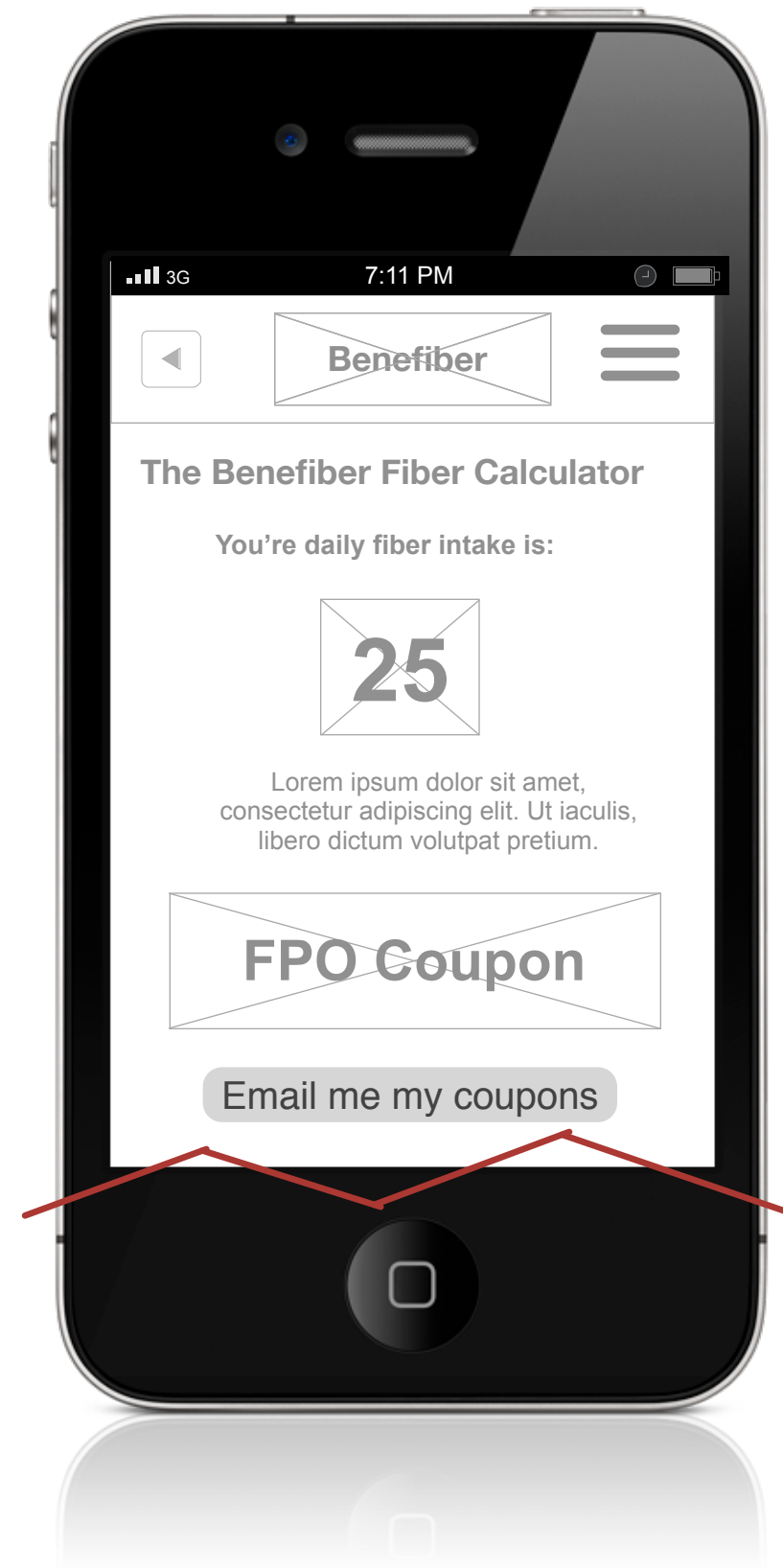
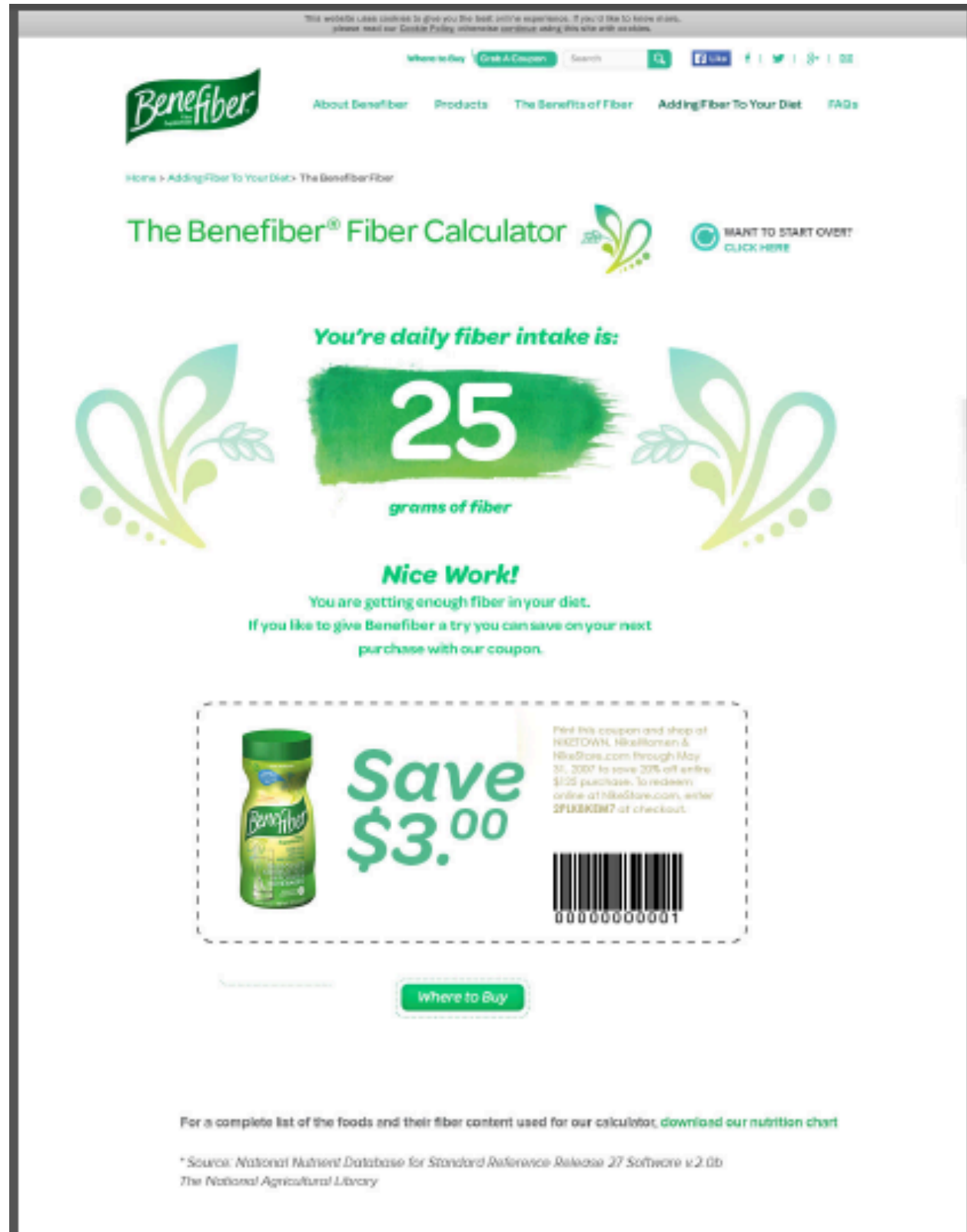
The Benefiber Fiber Calculator



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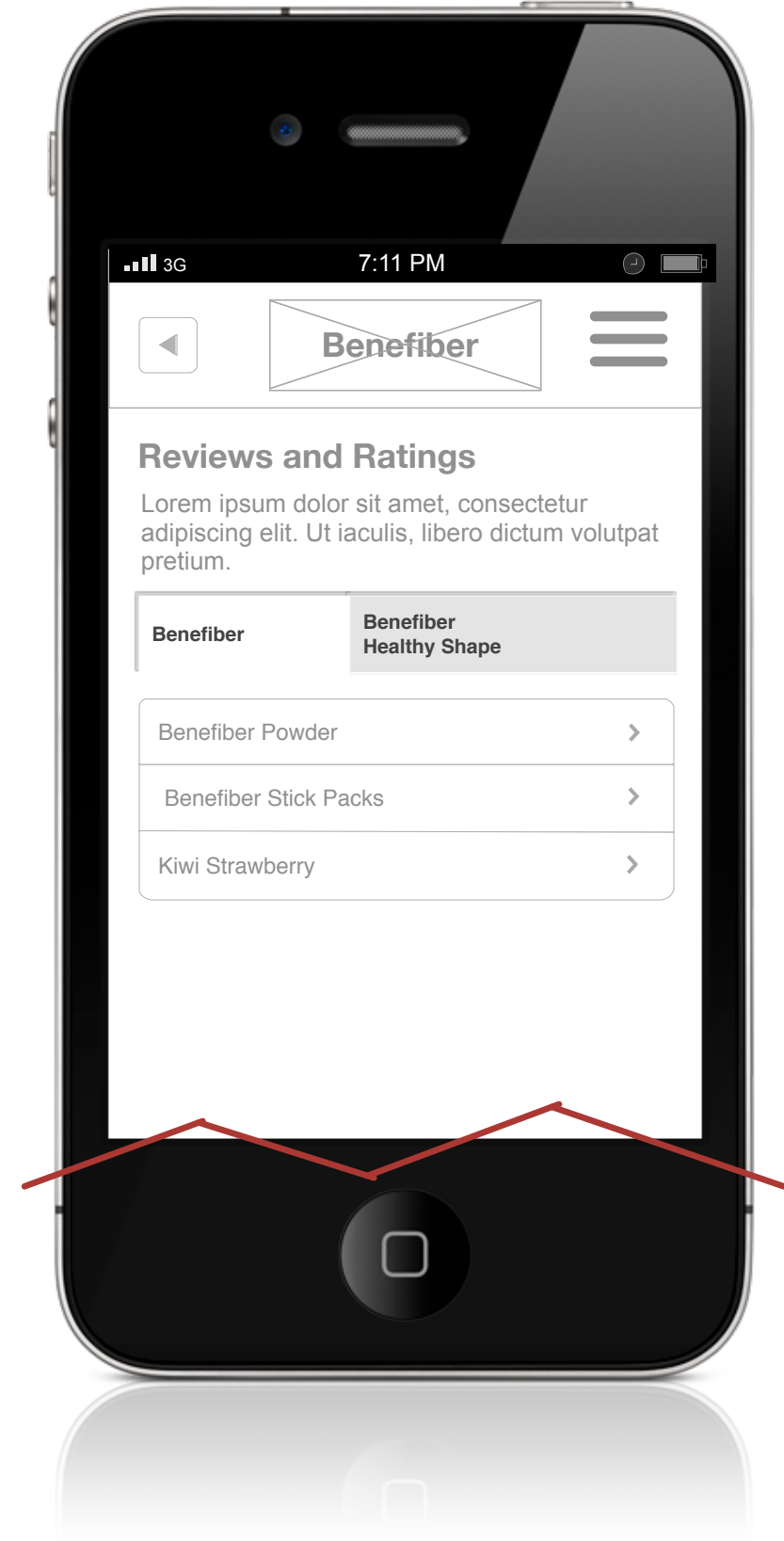
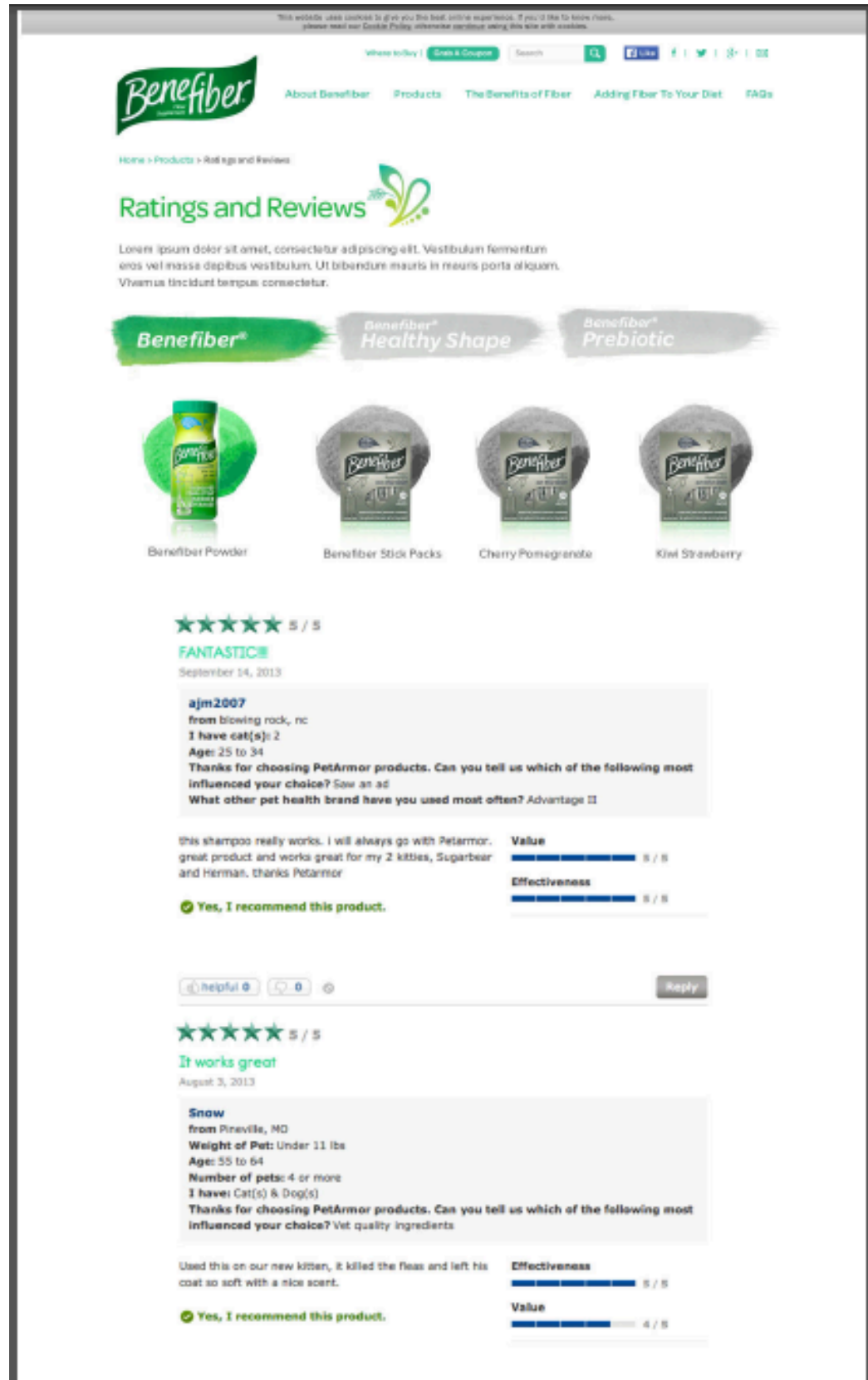


The Benefiber Fiber Calculator - Results



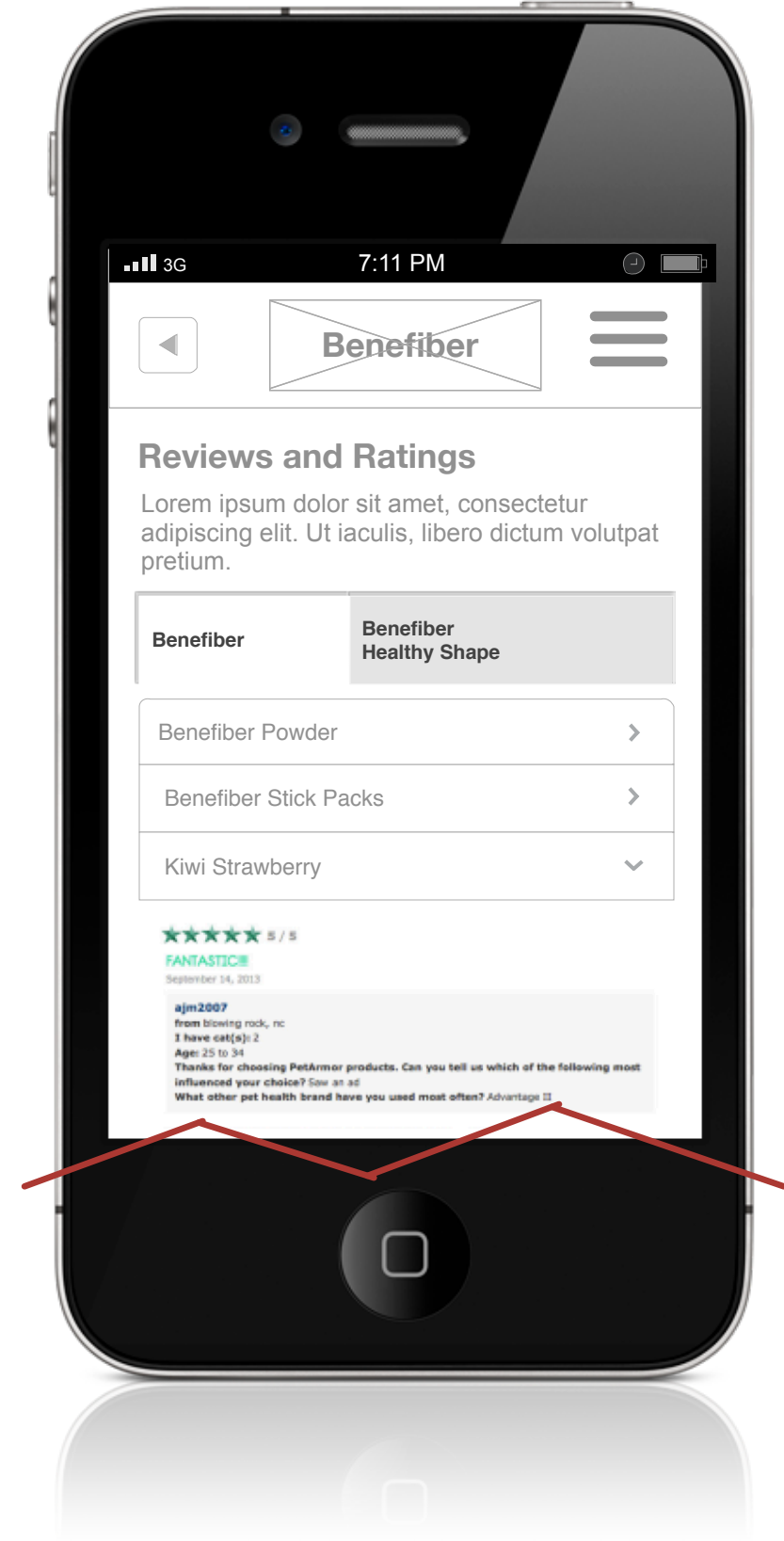
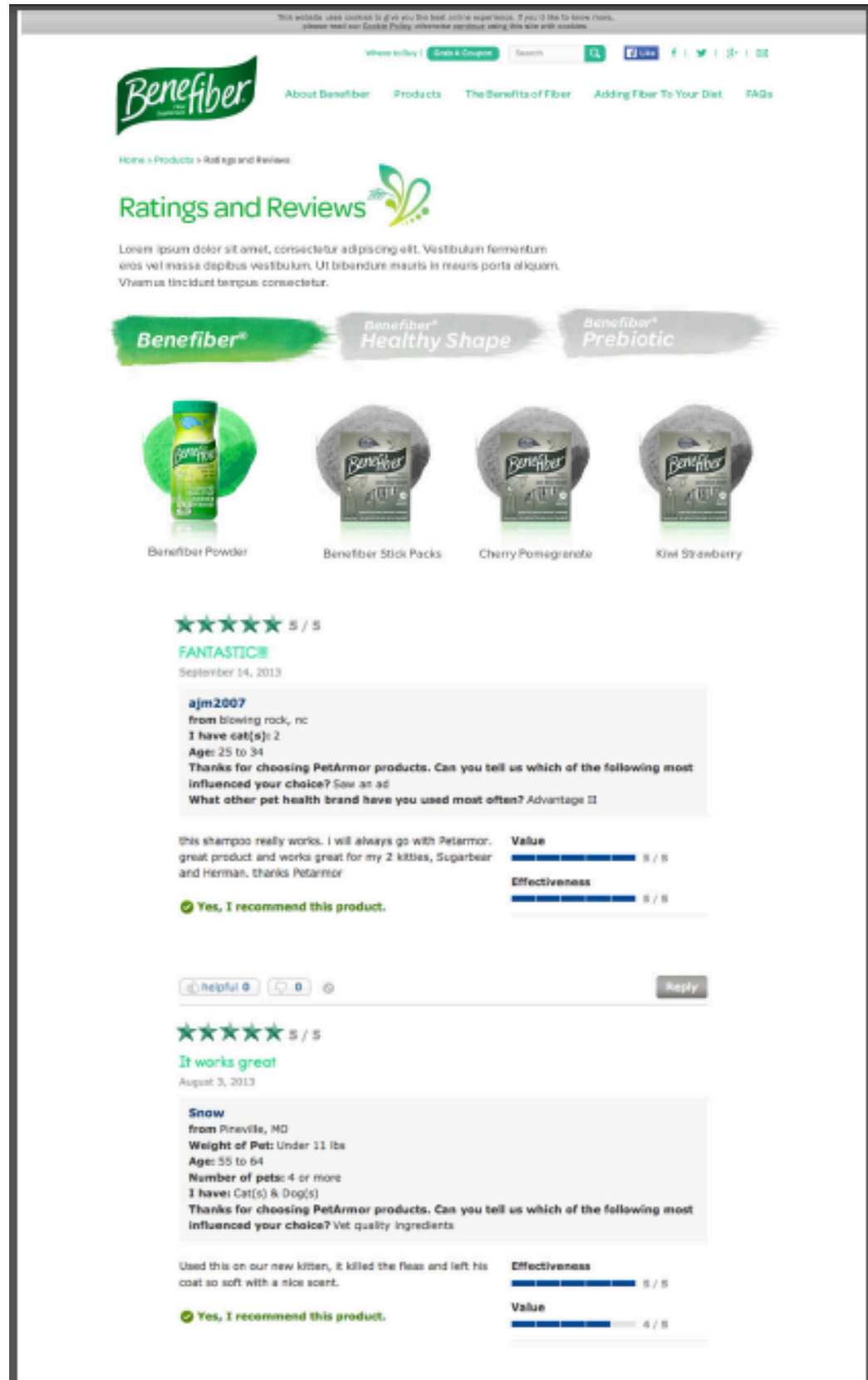
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Review and Ratings



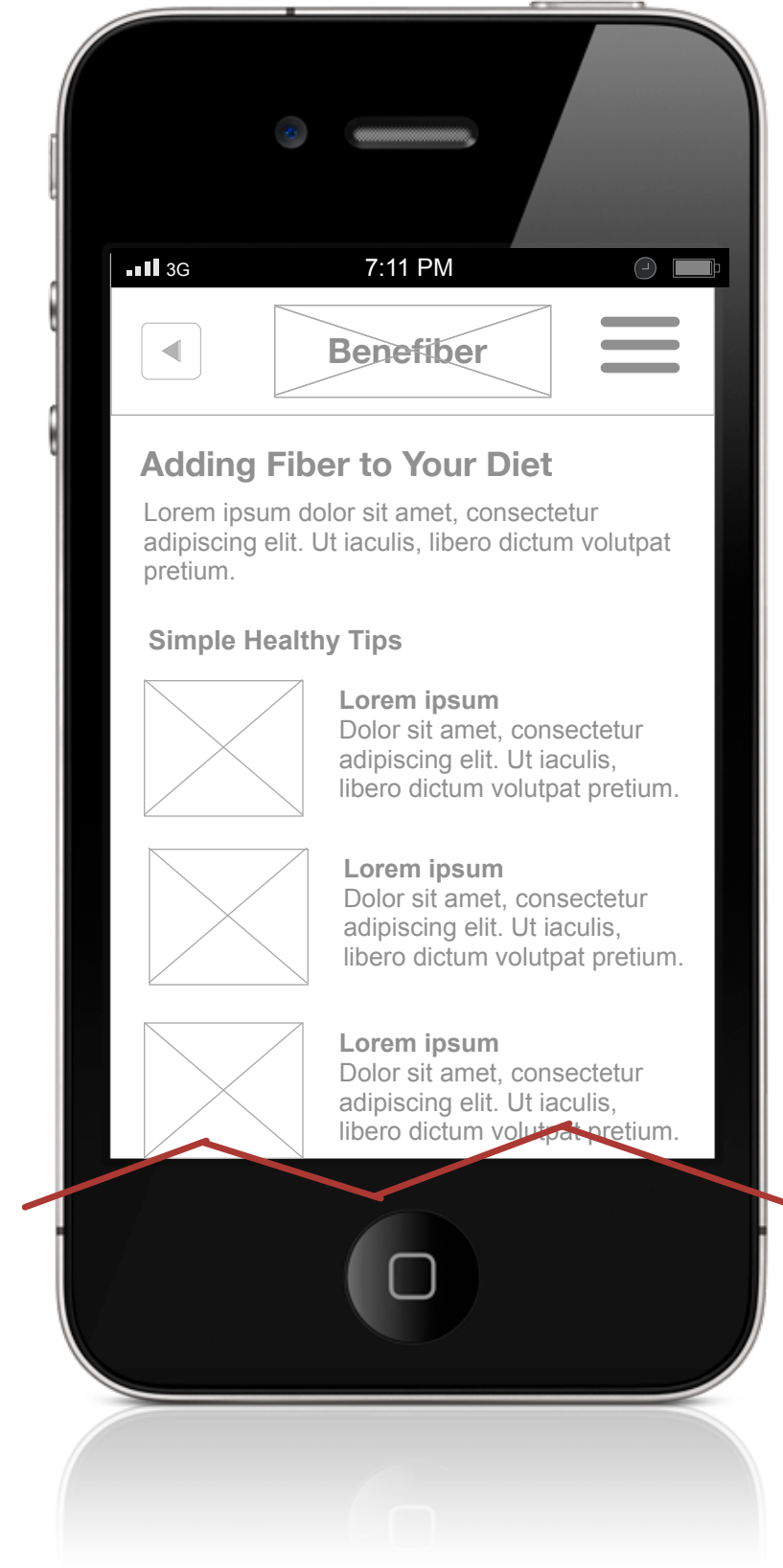
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Review and Ratings Details

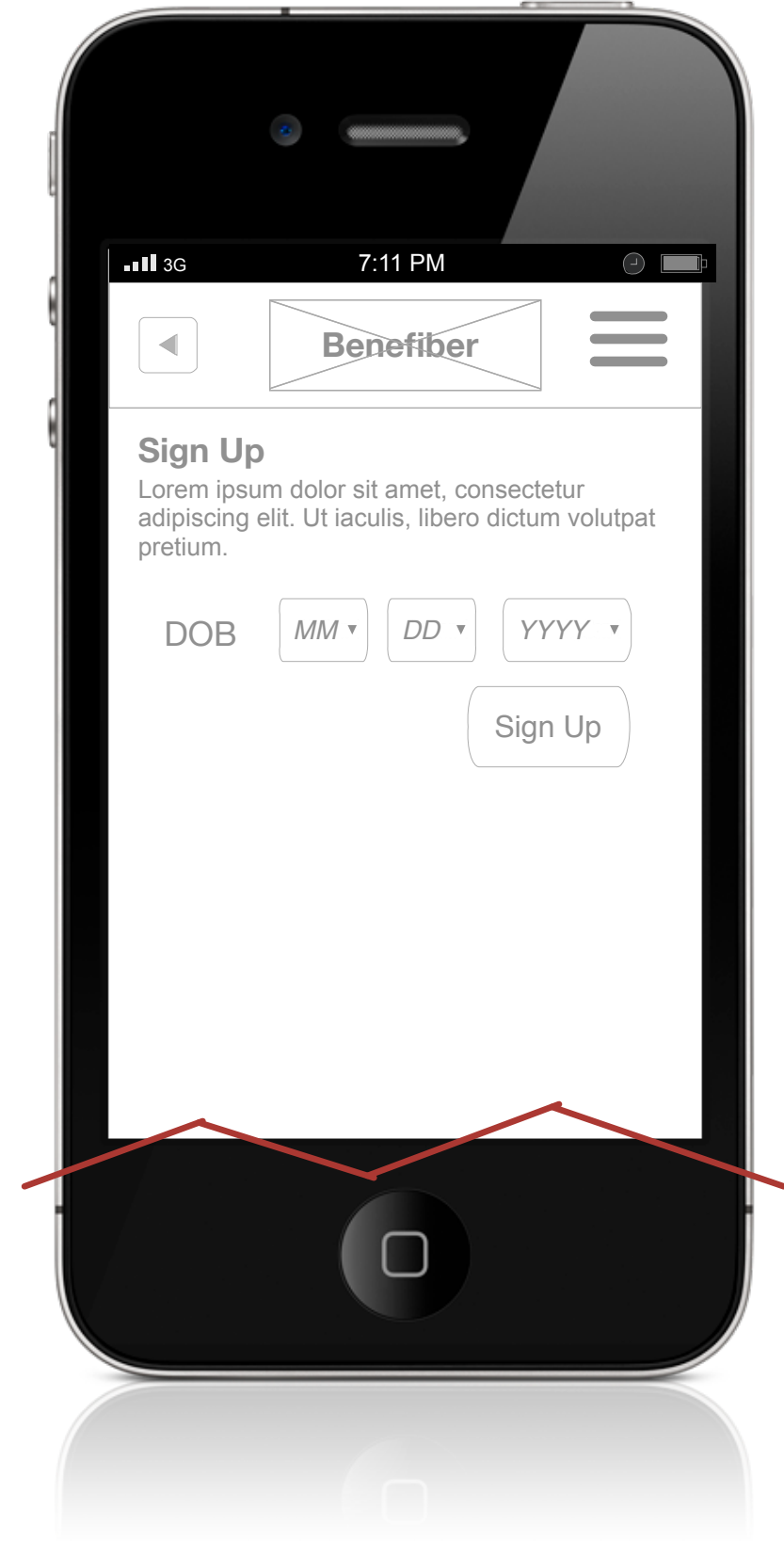


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Adding Fiber to Your Diet



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First Name > Last Name >

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DOB - Dec 31, 1989

First Name

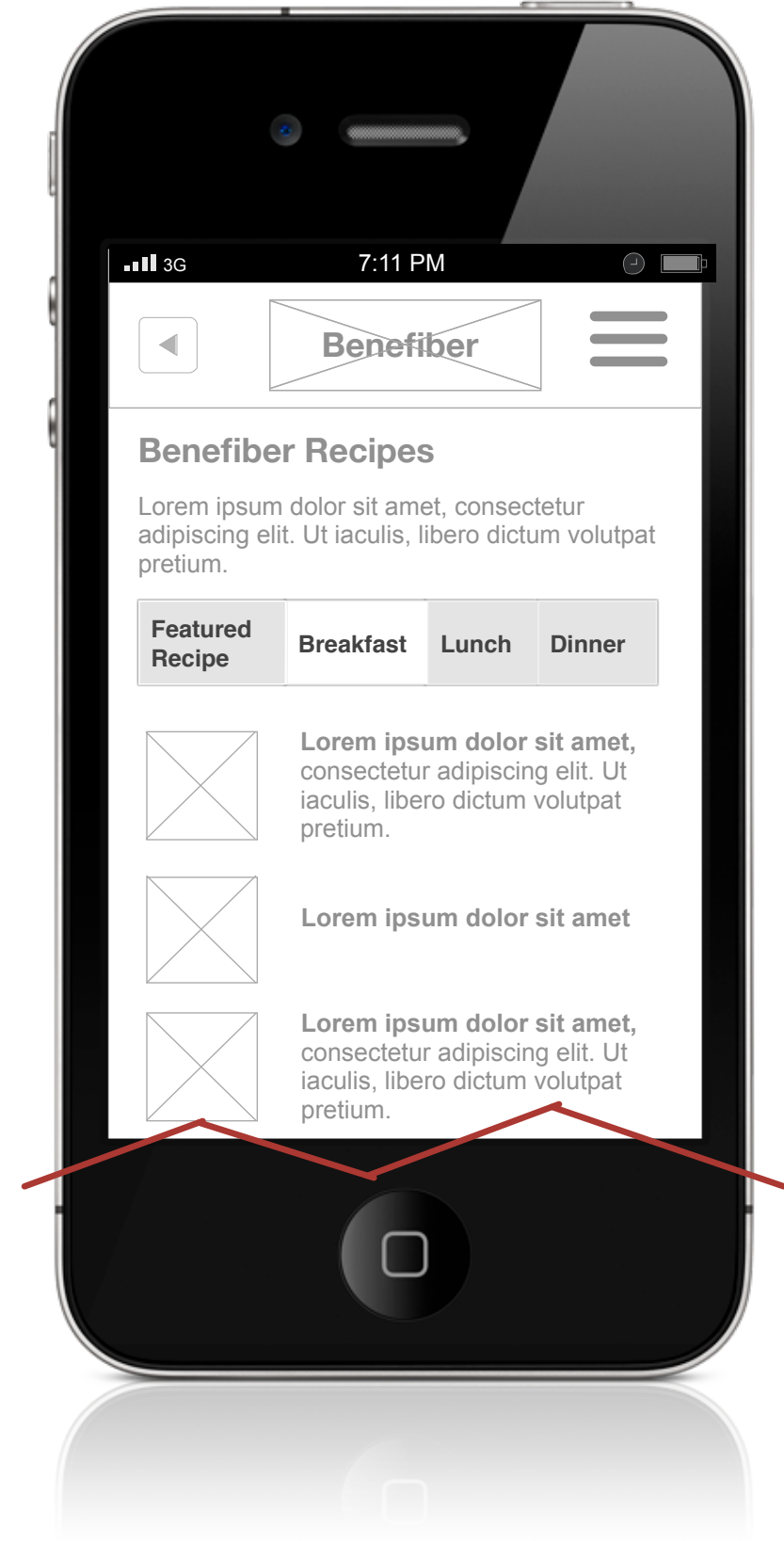
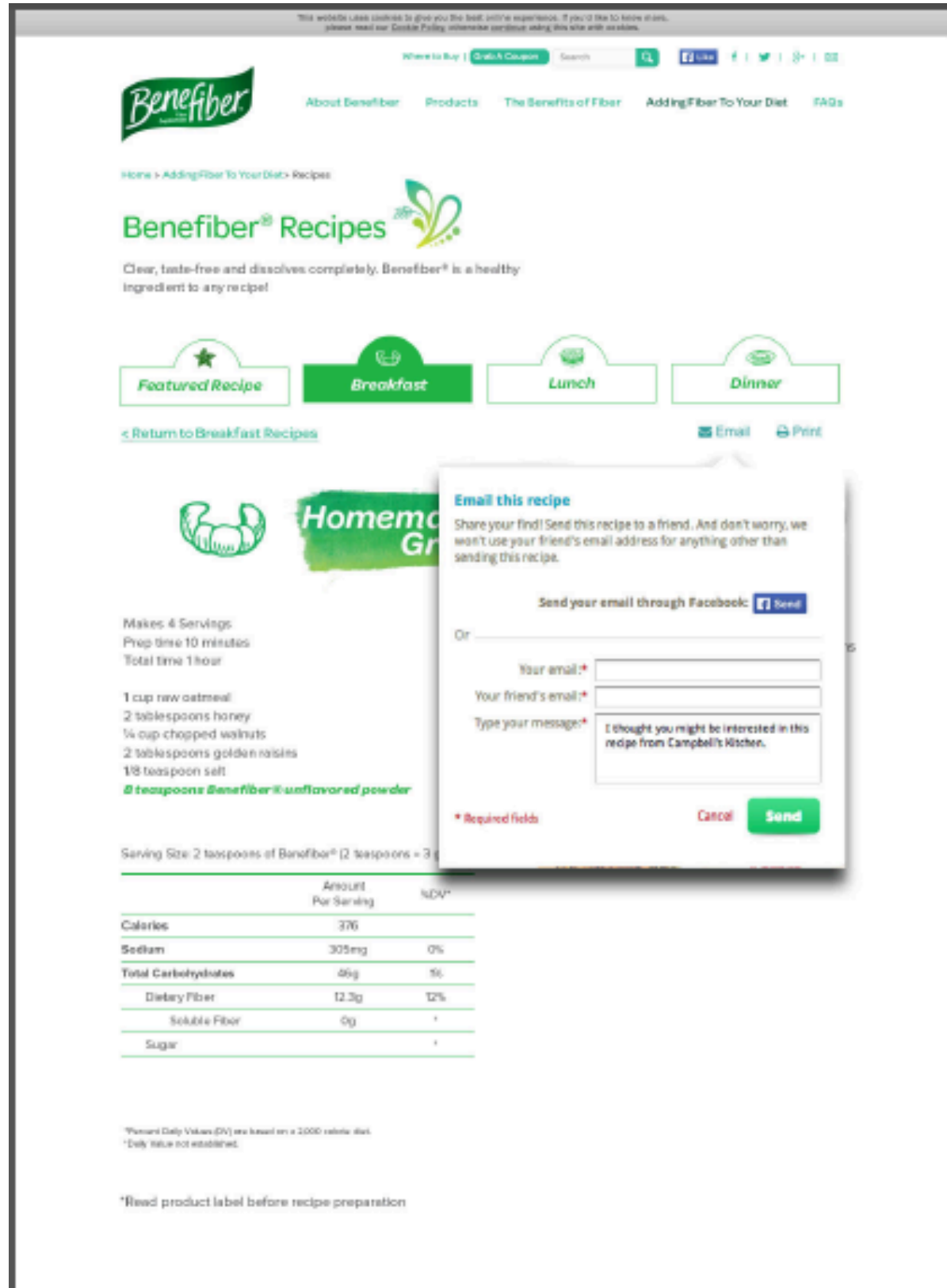
Last Name

Email

Zipcode





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Benefiber® Recipes

Clear, taste-free and dissolves completely. Benefiber® is a healthy ingredient to any recipe!

[Featured Recipe](#) **Breakfast** [Lunch](#) [Dinner](#)

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Homemade Granola

Makes 4 Servings
Prep time 10 minutes
Total time 1 hour

1 cup raw oatmeal
2 tablespoons honey
1/4 cup chopped walnuts
2 tablespoons golden raisins
1/8 teaspoon salt
2 teaspoons Benefiber® unflavored powder

Serving Size: 2 teaspoons of Benefiber® (2 teaspoons = 3g)

	Amount Per Serving	%DV*
Calories	376	
Sodium	305mg	0%
Total Carbohydrates	86g	16%
Dietary Fiber	12.3g	12%
Soluble Fiber	0g	*
Sugar	*	*

*Percent Daily Values (DV) are based on a diet of 2000 calories a day.
*Daily intake not established.

*Read product label before recipe preparation

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Benefiber

Benefiber Recipes

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Featured Recipe **Breakfast** [Lunch](#) [Dinner](#)

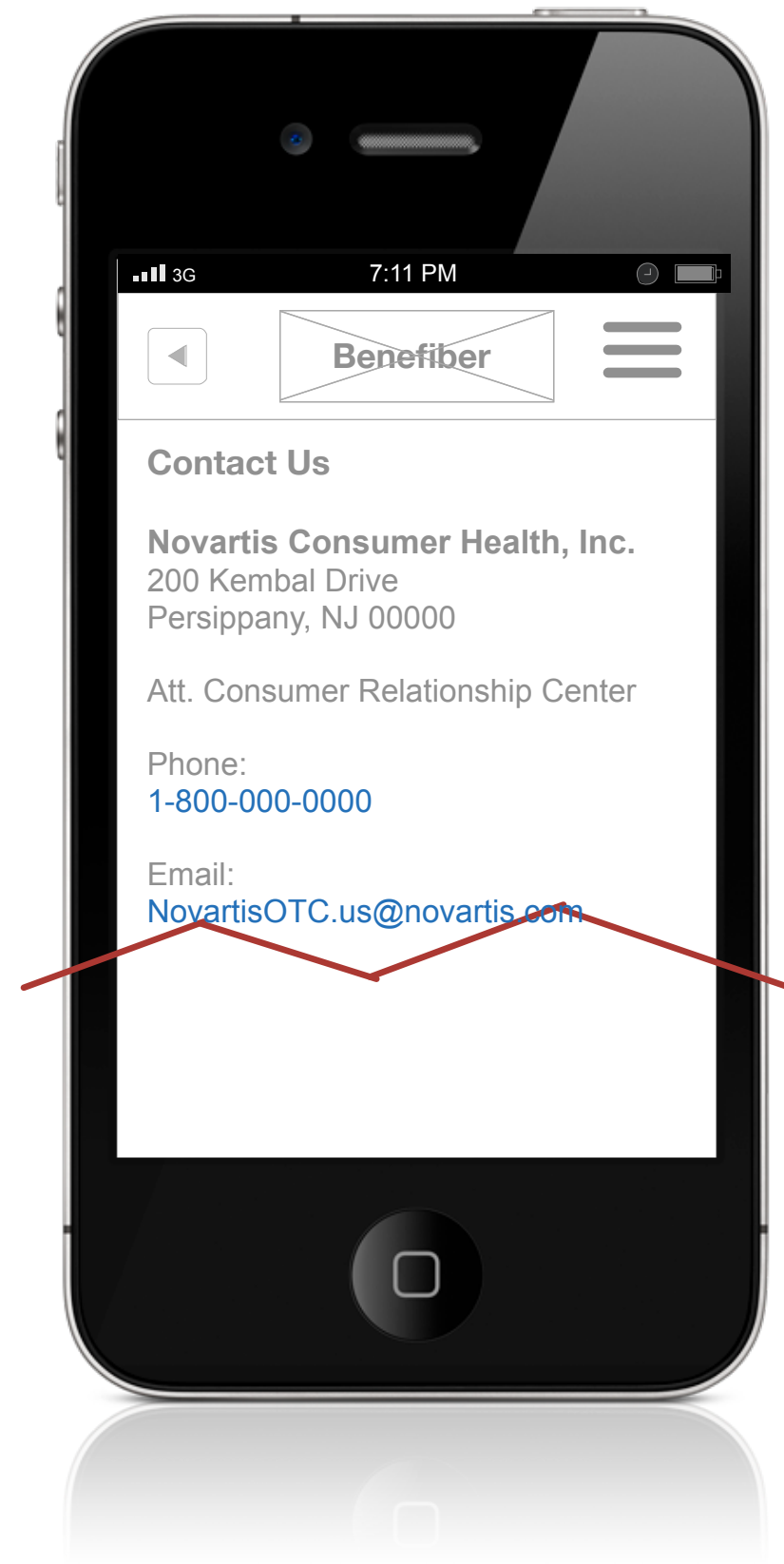
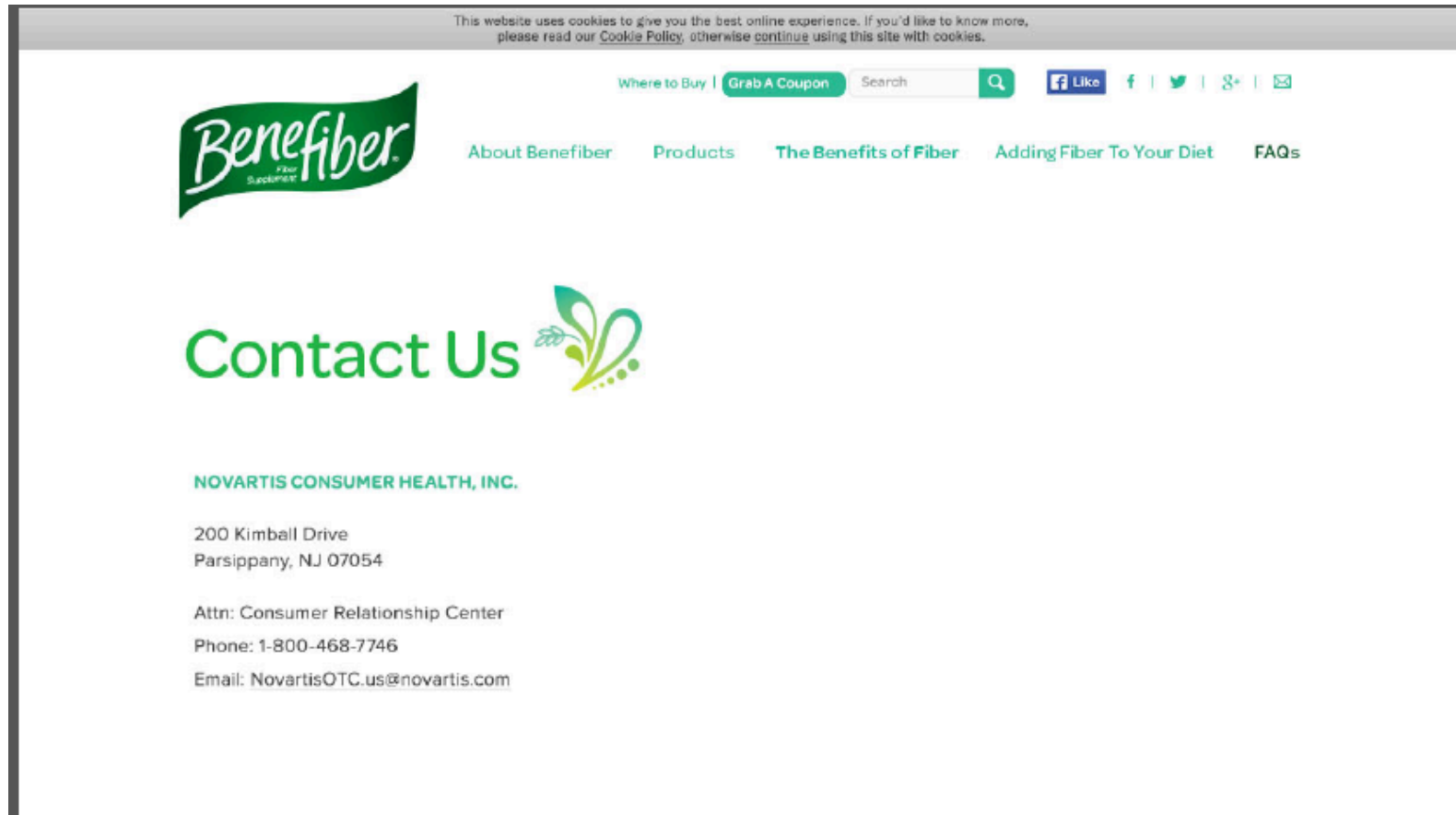
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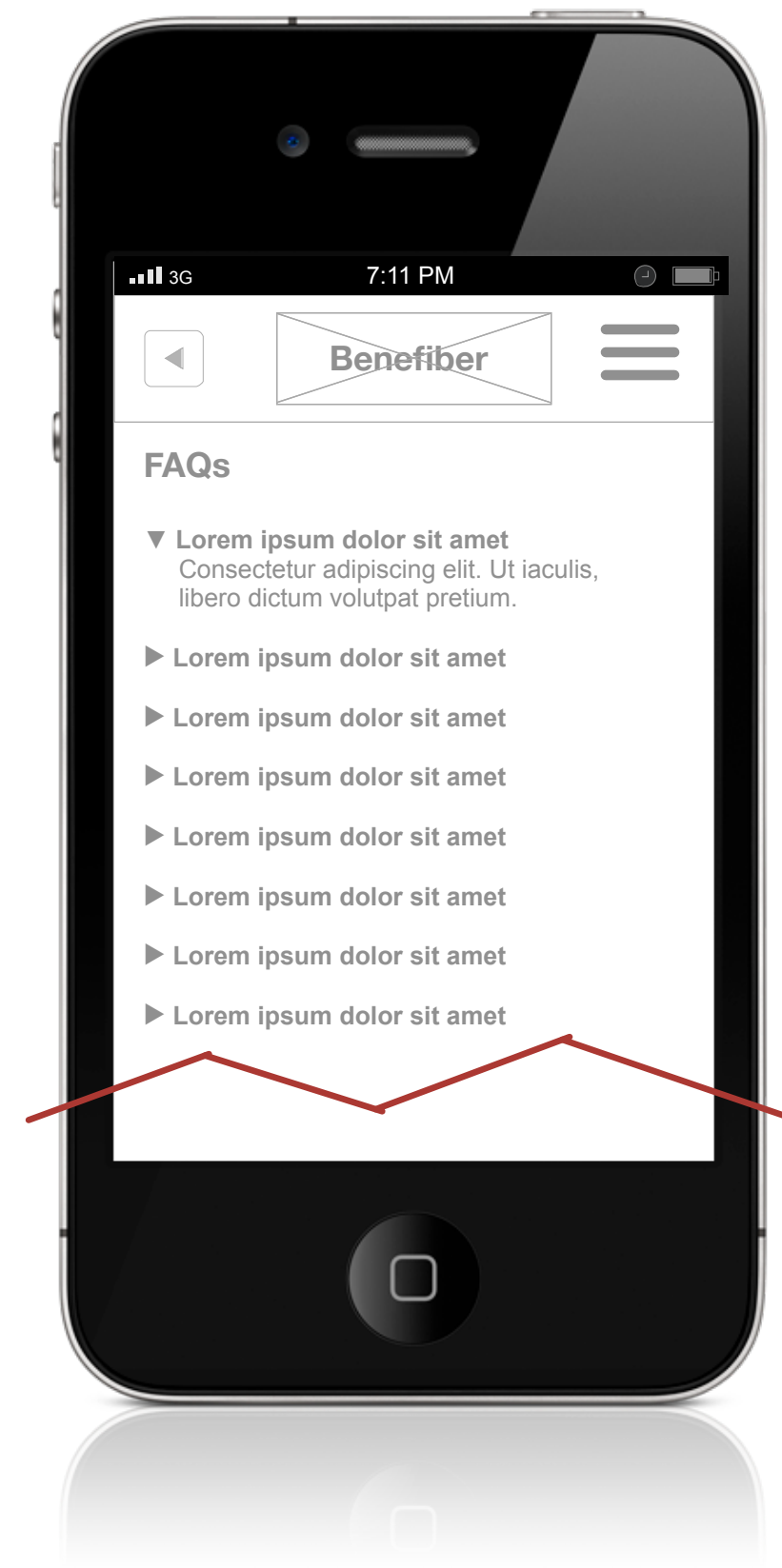
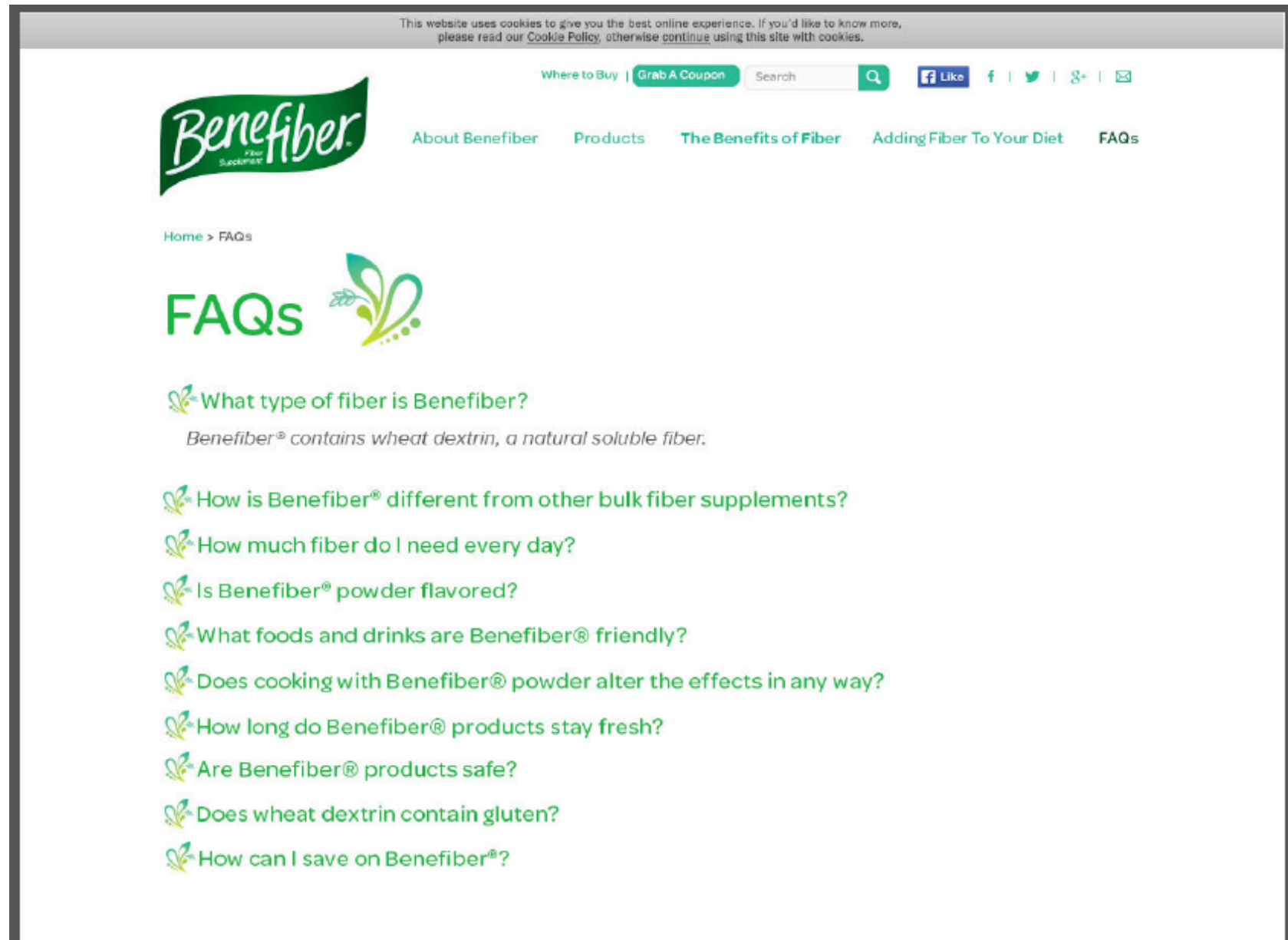
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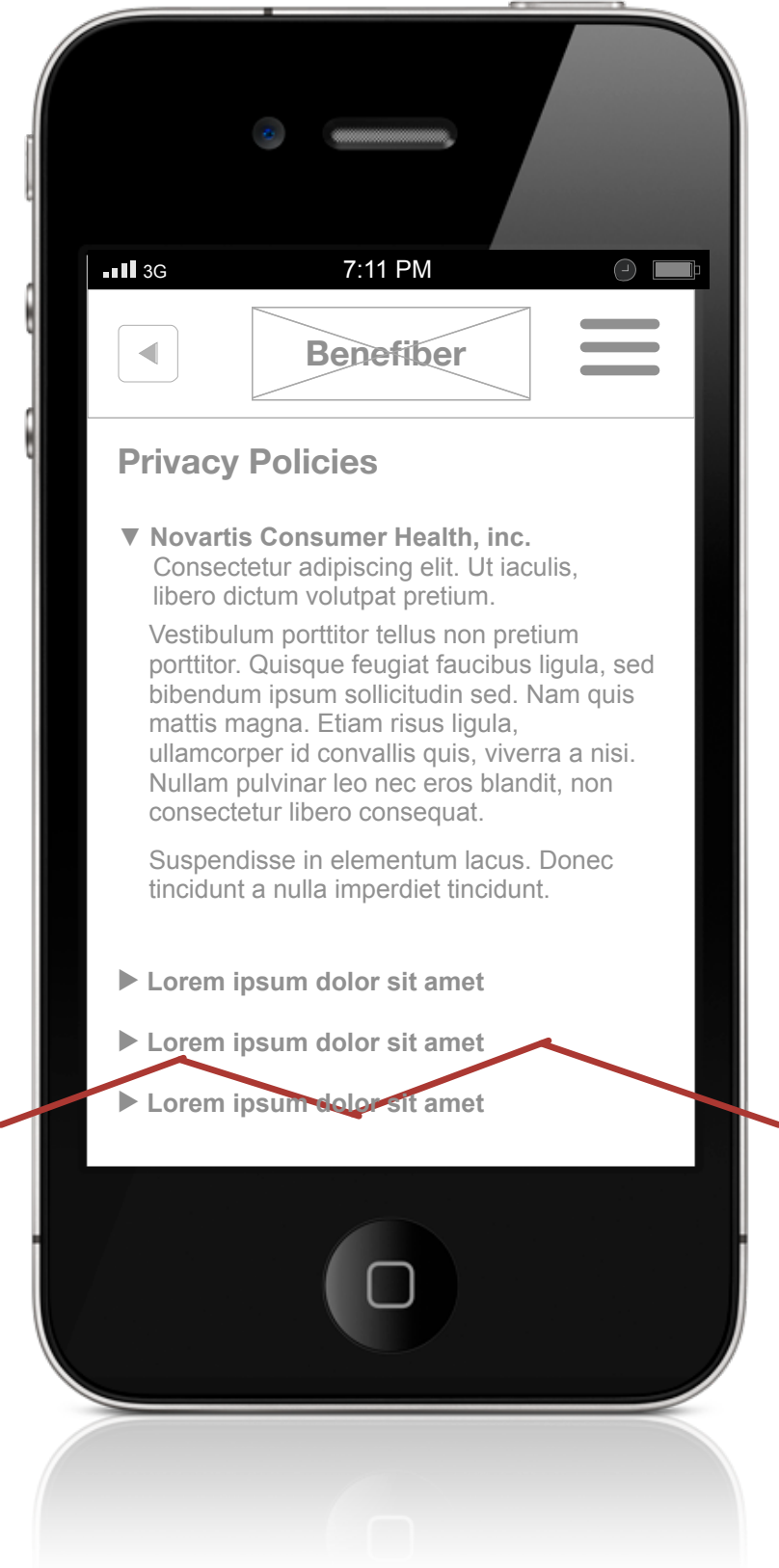
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