



# FAST FACTS ABOUT VITALITY MULTI-FIBER BLEND

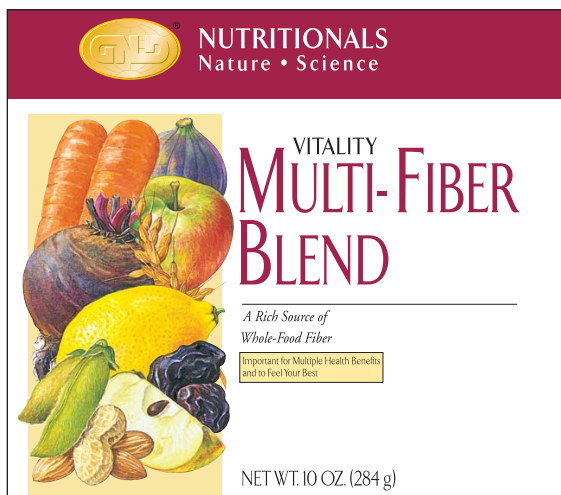
Ongoing research has associated high intake of both soluble and insoluble fiber from a variety of whole foods with reduced risk of a wide variety of health-challenging conditions. GNLD's Vitality Multi-Fiber Blend provides a convenient way to boost dietary intake of fiber from 16 different whole-food sources.

## WHY A CONCENTRATED FIBER SUPPLEMENT?

- High-fiber diets have been linked to reduced risk of heart disease, cancer, diabetes, diverticulosis, obesity, irregularity, and more.
- The average person does not consume enough dietary fiber.
- Adding fiber to other foods in the diet is a good way to boost overall fiber intake.

## WHY GNLD VITALITY MULTI-FIBER BLEND?

- **Fiber from 16 whole-food sources.** Contains oat fiber, soy fiber, citrus fiber, pea fiber, oat bran, beet fiber, soy bran, lemon pectin, fig powder, apple powder, banana powder, almond meal, prune powder, orange fiber, apple fiber, acerola fiber, peanut flour, carrot fiber, and sun choke (Jerusalem artichoke) flour.
- **All 5 types of fiber.** Vitality Multi-Fiber Blend includes insoluble fiber (cellulose, hemicellulose, and lignin) and soluble fiber (gums and pectin), in the natural balance of whole foods, to provide a broad range of benefits.
- **Concentrated.** Each serving of Vitality Multi-Fiber Blend contains seven grams of dietary fiber — one quarter of the Daily Value. What's more, Vitality Multi-Fiber Blend is low in fat, sodium, and calories, and contains no cholesterol.
- **Convenient.** Vitality Multi-Fiber Blend mixes easily with your favorite beverages and foods. It can be used to boost the fiber content of milk, juice, yogurt, hot and cold cereals, breads and other baked goods, meatloaf, pasta, casseroles, sauces, GNLD nutritional drinks, etc.
- **100% natural.**
- **100% vegetarian.** Contains no animal products.
- **Only 10 calories per serving.**



**VITALITY MULTI-FIBER BLEND**  
A quick and easy way to add whole-food fiber to your diet!

**DIETARY FIBER AND GOOD HEALTH**  
Diets rich in fiber and low in fat are key factors in promoting good health. While experts recommend that diets should contain 20 to 35 grams of dietary fiber per day, most diets provide less than half this amount.

**GETTING MORE FIBER**  
Good sources of dietary fiber include foods such as fruits, vegetables, and whole grains. To help ensure a diet that is rich in nutrients and fiber, experts recommend a daily intake of at least five servings of fruits and vegetables.

**IMPORTANT BENEFITS OF DIETS RICH IN FIBER**  
Low fat diets rich in fiber, containing grain products, fruits and vegetables, may reduce the risk of some types of cancer, a disease associated with many factors. And, because not all dietary fibers have the same impact on our health and well-being, it is important to get a variety of fiber in the diet. Research shows that consumption of a diet high in fiber also supports proper elimination and regularity and supports a healthy cardiovascular system as well as a healthy insulin response.

**GNLD'S VITALITY MULTI-FIBER BLEND**  
To help you increase your dietary fiber intake, GNLD has created Vitality Multi-Fiber Blend, a rich mixture of 16 different sources of food fiber derived from fruits, vegetables, whole grains and nuts. Each serving provides seven grams of dietary fiber from both soluble and insoluble forms.

**DIRECTIONS:** Mix 2 heaping tablespoons with 8 fl. oz. of milk or juice. Also delicious in GNLD's Nourishake Drinks. Great for cooking or in baked goods to further increase intake of dietary fiber.

**INGREDIENTS:** Oat Fiber, Soy Fiber, Citrus Fiber, Pea Fiber, Oat Bran, Beet Fiber, Soy Bran, Lemon Pectin, Fig Powder, Apple Powder, Banana Powder, Almond Meal, Prune Powder, Orange Fiber, Apple Fiber, Acerola Fiber, Peanut Flour, Carrot Fiber, Sun Choke Flour.

No sucrose (table sugar), starch, artificial colors or preservatives.

**NOT SOLD IN RETAIL STORES**  
Available Exclusively From GNLD Distributors

Distributed by: **GNLD International, LLC**  
© Fremont, California 94538 U.S.A.  
**Golden Health Life Diets International, Ltd.**  
Bridgetown, Barbados, W.I.  
Kingston, Jamaica, W.I.  
Port of Spain, Trinidad, W.I.

Leading edge nutrition since 1958 www.gnld.com Made in U.S.A.

**Nutrition Facts**  
Serving Size: 10 g (2 Heaping Tablespoons)  
Servings Per Container: 28

Amount per Serving	One Serving		
<b>Calories</b>	10		
Calories from Fat	0		
	Amount in Mix	% Daily Value*	
<b>Total Fat</b>	Less than 1 g	<b>1%</b>	
Saturated Fat	0 g	<b>0%</b>	
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg	<b>0%</b>	
<b>Sodium</b>	20 mg	<b>1%</b>	
<b>Potassium</b>	50 mg	<b>1%</b>	
<b>Total Carbohydrate</b>	9 g	<b>1%</b>	
Dietary Fiber	7 g	<b>28%</b>	
Soluble Fiber	1 g		
Insoluble Fiber	6 g		
Sugars	0 g		
<b>Protein</b>	1 g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate	Less than	300 g	375 g
Dietary Fiber	25 g	30 g	