



Apple-fibre Chewable Tablets

The contained fiber supports natural bowel function.

Useful information:

Many people today get too little fiber in their diets, which often leads to constipation and a disturbed bowel function. Apple-fibre Chewable Tablets supplement the daily diet with a balanced combination of soluble and insoluble fibers, resulting in an increased stool volume and normal bowel function. A daily ration of 8 Apple-fibre Chewable Tablets contains 29% of dietary fibres, which is the recommended amount of the "Deutschen Gesellschaft für Ernährung" (DGE) - German Society for Alimentation.

Ingredients: Apple Fibre 57%, sweetener Sorbitol, Oat Fibre 7%, Microcrystalline Cellulose 4%, acidifier Monosodium Citrate, anti-caking agents Magnesium Stearate, Silicon Dioxide ; Natural Flavoring, sweetener Steviol Glycoside from Stevia.

Average nutritional values	per tablet (2.5 g)	per 100 g tablets
Colorific content	14 kJ/3 kcal	572 kJ/125 kcal
Fat	0 g	0 g
Carbohydrates	1.1 g	42 g
- of which is sugar	0.3 g	13 g
Dietary fibres	1.1 g	44 g
Protein	0.1 g	3 g
Salt	0.02 mg	0.8 g

Recommended dosage: Take daily 4 - 8 Apple-fibre Chewable Tablets. With the consumption of apple fibre, oat fibre and cellulose extra liquid is required. Therefore, drink half a litre more per day.

With sweetener sorbitol and steviol glycoside from stevia. Excessive consumption may have a laxative effect.

Keep dry and out of direct sunlight. Store below 25°C. The consumption of Apple-fibre Chewable Tablets does not replace a varied, balanced diet and a healthy lifestyle.

Made in Germany

Contents 75 tablets = 186 g

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