

# Simply Fiber

## Simply Fiber Cereal

Crunchy Bran O's with tasty whole wheat and corn with NO SUGAR or SODIUM!

Once in a rare while a food comes along that can really make a difference in how you feel. Simply Fiber is that food!

With one serving of Simply Fiber to start your day, or any time, you'll have 56% of the recommended daily allowance of fiber.

Every tasty serving delivers 14 grams of total "functional" fiber, (13g insoluble & 1g soluble fiber) from a delicate balance of only 4 ingredients (believe it or not just 4!) providing pure natural bran and healthy whole grains from wheat and corn all rolled up into crunchy & lightly browned toasted O's.

There is no better Fiber cereal! Don't take our word for it; Check out our amazing Customer Testimonials .

Adequate fiber is reported to help constipation, Irritable bowel syndrome, Diverticulitis, colon, rectal and possibly breast cancer, heart disease and diabetes.

It helps in the fight against obesity, in weight loss and weight reduction. With Simply Fiber® Cereal you'll feel your best, and when you feel your best you can be at your best all day long. With your first bowl of Simply Fiber you'll begin to feel the powerful benefits of All Natural 14g of Fiber plus Whole Grains.

Simply Fiber is chock full of Fiber benefits (per serving)

- 14g Fiber & NO SUGAR
- 56% of the RDA of Fiber
- 1g Soluble Fiber /13g Insoluble Fiber
- 1g Fat
- 100 Cal
- No Trans Fats
- 1 Point on Weight Watchers®
- May help reduce the risk of Heart Disease and some cancers\*
- Highly recommended by Dr's & RD's for Diabetes & Dialysis patients

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\*Weight Watchers & Points are the registered trademarks of Weight Watchers International, Inc.

Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.