

Testimonials

Welcome to our Message Board & Testimonials

We would love to hear your Benefit Nutrition story.

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"I have been eating Simply Fiber for the past year and have never felt better. As a result I recommend this product to all of my friends and family. In fact, it has made my stomach flatter and my feet lighter. Thanks, Simply Fiber!"

Bridget
Pasadena, CA

"I love your cereals!!! I started weight watchers a few months ago and was having a hard time finding that perfect snack to keep me satisfied during the day and energized during exercise. Both of the cereals are great! I was looking for something to increase my fiber intake. After trying Simply Fiber, I saw that the Protein Plus cereal was from your company as well. I tried it and loved it also. Thank you for the return e mail. It is nice to see a company that actually cares about their customers!! I also bought several boxes for my mom, sister and neighbor who are all on weight watchers as well. They all buy the cereal now. I told everyone at my last weight watchers meeting. I don't know if you are familiar with the program but it works on "points". The fiber cereal comes to only one point. That is a GREAT snack for only one point!! (You only get a certain number of points per day.) So, everyone I know, who is on the program is now enjoying the cereals for snacks. Again, Thanks for such a great product. If you come out with anything new, Please let me know! Thank you so much for such a great products."

Dianne
Rochester, NY

"Last year, I lost over 30 pounds, and I have kept the weight off for over 6 months now. My secret? SIMPLY FIBER CEREAL! By adding a handful of different nuts and fruit each day, I never get bored with my breakfast and actually look forward to breakfast, which was never part of my regular routine before finding your cereal. My only complaint is that the Whole Foods and Wild Oats stores at which I shop can't seem to keep it on the shelves (please tell them to keep enough in stock!). Once again, thanks for helping me achieve an important goal in my life."

Jason
Pasadena, CA

"I've tried different bran cereals and laxatives but nothing has worked like Simply Fiber cereal, and it's all natural. I feel so much better; thanks for the cereal that finally works for me. I have been eating Simply Fiber cereal for 2 weeks now. All my life I have experienced problems going to the bathroom. I would have a bowel movement once or twice a month and had to use laxatives every month. I now eat a bowl of cereal every morning; it will always be a part of my daily diet. Please don't stop making Simply Fiber."

Alfreda
Dallas, TX

"I don't know how you manage to make Protein Plus cereal such a good product but I thank you for your superior efforts. I am a 23 year old male who has, within the past year, adopted a very active lifestyle. I have, over the past eight months, been searching for a cereal that could both nourish my body and fill my belly. It was as if every cereal that was in any way nutritious lacked any taste at all, and any cereal that was half way decent had no nutritional value at all. Yesterday all that changed when I first tried your cereal. I feel far too often the world is too quick with all its negative input and feels no need to reassure or compliment, you guys deserve a lot of credit and I just wanted you to know that at least one human being appreciates your efforts."

FrancoClifton, NJ

"I was thrilled to finally find Protein Plus cereal and a way to get adequate protein content at breakfast without the hassle of egg whites. I am currently attending College in Central New York. I am very interested in physical fitness, bodybuilding, and nutrition. A friend of mine here at school has recently introduced me to your Protein Plus cereal and I love it. I also found it to be a perfect way to get some protein on the run between meals and classes. Thank you for your time and for your delicious products."

MichaelBlasdale, NY

" Hello, I started eating Simply Fiber a couple of months ago when I read that it was the cereal that Sheryl Crow starts her day with. I figured if it had anything to do with her looking so good I wanted some. My daughter and I enjoy one bowl per day. We loved the taste and of course the results were making us feel like a million bucks."

DianeJackson, NJ

"THANK YOU, THANK YOU, THANK YOU, THANK YOU, THANK YOU I just discovered Simply Fiber cereal. WOW!!! My doctor has told me I must get more fiber in my diet and suggested those YUCKY powders. But now, I have discovered Simply Fiber cereal. I have tossed out all of that yucky fiber therapy stuff. It not only helps my colon, but it also helps my heart. It seems to help lower my cholesterol too! Please, please, please do not discontinue this product. I am telling everyone about it. I want to use it FOREVER. It has definitely solved my fiber needs."

SharonNevada

"I bought a box of Protein Plus Cereal and had a bowl this morning...my God! It's great ... I'm not kidding ... really great. Well, I tried them ALL. Then, yesterday I saw your Protein Plus cereal on the shelf at Gelson's Market. I thought...yeah, another one of the same old same old! In fact I enjoyed it so I went back to Gelson's and bought 4 more boxes. Keep making the stuff... please!"

VicLos Angeles, CA

"Hello, I would like to order several cases of your PROTEIN PLUS CEREAL. Please hurry we are going through withdrawal."

Cathy Littleton, CO

" I was on a cruise in March and the couple who shared our table loved Simply Fiber cereal and told me about it. Thank you so much for responding to my question. Yes, there is a Publix store in Sun City Center, FL where I live so I will be asking them when they plan to get your Simply Fiber in."

Rosalyn Sun City, FL

"I have lost 25 lbs on Weight Watchers and eat Protein Plus every day with low fat milk. It's a great cereal with low points. Thank you for all the samples of Protein Plus. I did pass them out at Weight Watchers and everyone liked it too. I have since purchased over 24 boxes to share with fellow dieters. I am trying to get our health food store to carry it on the shelf and they seemed to think they could. This cereal is not only good for weight watchers it is good for the Zone diet too."

KathyAuburn, CA

"Hi, I love your Simply Fiber cereal. I work for Weight Watcher's and talk about Simply Fiber at my meetings. :) Can I buy a case of Simply Fiber directly from your company?"

SharonNew Jersey

"Tasted the cereal Protein Plus in Crested Butte, Colorado and loved it. Do you sell to any stores in NYC? I do nutritional and weight loss and quit smoking programs for companies and individuals and would like to recommend it to my clients."

KathyNew York, NY

"Cereal excellence! Hi there! I just wanted to tell you how my family just loves your cereals, Protein Plus and Simply Fiber!!! I make the Protein Plus bars for my weight training 22 year old son....he just loves them!! Instead of yucky brownies laden with sugar, butter, and white flour, I make these bars using your cereal that are so yummy!! I overnight them to his college and all the guys eat them up! Simply Fiber is so delicious...we even eat it as a snack! So thanks for the good work . . ."

SusanChestnut Ridge, NY

"Love your cereal. I've never written to a company to sing the praises of a product, but I just had to let you know that you make an excellent product! I have always had a difficult time finding any type of cereal that didn't cause problems with my hypoglycemia. Since finding Protein Plus and Simply Fiber, I have (along with a diet and exercise program) lost 20lbs. I'm only half way to my weight loss goal, but with the proper foods like your cereals, I know that I can do it. Thanks so much!!"

KristenCorona, CA

"Kudos to you! Thank you for making such a wonderful products (Protein Plus and Simply Fiber). As a physician, I know all too well the link between nutrition and health. Your cereals are not only very healthy but also taste terrific...I have repeatedly recommended them to my patients and have never had a bad review yet. Only one complaint from one gentleman (I also agree)...the BOX is too small! I also eat Protein Plus all the time and run out quickly...I only wished you made bigger boxes... (Costco size PLEASE!)."

Aaron, MDUCLA Medical Center

"We had your wonderful cereal Protein Plus out in California and would like to locate it in our area stores. Our state is Pennsylvania and the surrounding towns and zip codes are Strafford (19087) or Newtown Square (19073). Thanks for your help."

DBPennsylvania

"Protein Plus tastes great is a rather mild statement, and I think of myself as a rather extreme cereal critic!"

Jeremy Ann Arbor, MI

"My sister turned me on to your cereals as she gets them at Whole Foods in the Los Angeles area. Where can I find them near Mill Valley, California?"

JoshuaMill Valley, CA

"Your cereals are amazing!!! My friend and I have been eating up your cereals for the last few weeks. The rate we're going the store will probably be calling you for a big re-order."

JillWyckoff, New Jersey

"WOW !!! what a great product. I just finished my first box of Simply Fiber. I am going to buy some more. The best and I haven't found an equal product ingredient list. So, I'm hooked. You need to have this product in more stores in Santa Rosa. I'll tell others about it."

DaveSanta Rosa, CA

"My husband is mad at me because I ate ALL of the Protein Plus! :)"

KrisVirginia

" I became aware of your produce in a natural health food store. I purchased it and found it to be quite tasty."

Mercedes

"Please send patient samples of Protein Plus and Simply Fiber cereals"

Lorraine, R.D.,Harvard, MA

" I'm a user of your Simply Fiber Cereal and have been for about three years. My son, who still lives in San Jose, has been sending the cereal to me four boxes at a time but it would much more convenient if there was a local store to buy it from."

"

AlanEureka, CA

" I live in Puerto Rico and my sister who lives in Wallingford, Connecticut, every once in a while sends me 3-4 boxes of Protein Plus cereal by mail (Priority 2-3 days). The first time she sent me 6-8 boxes of Protein Plus, so I offered some of it to friends and they really like it but then, no one sales your cereal in PR. It would be great if we all could buy it here in Puerto Rico."

LauraPuerto Rico

" I would like to know what stores carry your fabulous high fiber cereal. I love it because it has 14g of fiber and no sugar. My daughter gave me a box that she purchased at Whole Foods market but I would like to know who in the North Las Vegas area carries your products."

FayeLas Vegas, NV

" read about the cereal on the ZonePerfect.com website in a recipe. I am frantically trying to adjust my eating habits and I simply lunged at the prospect of an easy breakfast cereal to fit the recommendations. My local store Unity Natural

Foods can't keep it on the shelves (a retailer's good dilemma)"

TimAlpharetta, GA

" Hello, Great cereal!
Thanks for making such a healthy cereal!"

Roger

" Thanks so much for your timely reply! I found Protein Plus this morning at Garden of Light in Avon, CT. Many folks in CT work with healthy eating program Diminishing Dimensions (www.diminishingdimensions.com) and they strongly suggest your product. Thanks again for your excellent product and customer service.

CherylAvon, CT

" Hi;
I just want to thank you so much for producing Simply Fiber. I had constipation for more than 30 years. I have tried everything from prune juice, metamucil, etc. Nothing has really worked for me. I kept hoping some high fiber products will be available. Last week I found Simply Fiber and tried it, which was a great help. When I went back to Whole Foods where I bought it they were out of stock. I just checked your website and found that other supermarkets in Southern California also carry it. What a relief ! .Now I will have it for breakfast for the rest of my life so my system can be regulated. Thank you very much."

RositaSouthern California

"Good Morning, I have just had my first bowl of Protein Plus cereal, and loved it. Just wanted to share. Thanks."

MitzieNew York, NY

"Love Your Protein Plus Cereal!!! About 2 months ago, I decided to try Protein Plus cereal after seeing a few "fit" customers buying it in Wegman's where I work (natural food section). I was eating the Kashi Heart to Heart, but got bored. I am hooked on Protein Plus!! I stocked up this month because it was on sale."

CristinaEast Syracuse, NY

"I'm now one of the people who is hooked. I love Protein Plus cereal myself. Ate the whole box in one day. It may make me get it one the shelf sooner! "

Natural Food Chain Buyer

"I am a dietitian at a dialysis clinic. I have been able to get samples of your Protein Plus cereal in the past. I would love to be able to provide my patients with samples again. Our clinic is growing and the newer patients would benefit from the protein that your product provides."

JoAnnConnecticut

"Hi, I was introduced to Simply Fiber in November gone as my mother and I were visiting family in Sacramento, CA. In a general discussion on health and eating better, my cousin indicated that she and her family uses Simply Fiber to increase their fiber intake. She said they put it in yogurt, cereal or whatever. She was gracious enough to give me some and I have been using it on everything as my doctor has indicated that I need more fiber in my diet. I am enjoying the success of the Simply Fiber as things have really begun to "move" more regularly and I am very pleased with that. I have even put the Simply Fiber in my mashed potatoes!"

RosalindAlexandria, VA

"I have purchased boxes of Protein Plus cereal, and I am enjoying the taste and especially the protein grams now available to me at breakfast without resorting to supplements! I first heard about your product and offer on Shawn Phillips' web site (<http://www.bestabs.com/>) when I subscribed to the Best Abs newsletter ("7 Secrets to sculpting your abs"). It was his brother Bill's site and the whole Body-for-Life effort I went through that showed me the importance of A) breakfast, B) quality, whole wheat grains and fiber, and C) protein. The Shop-Rite we use is on Concord Pike, in Wilmington, Delaware. It's a good store, with several healthier choices for foods we like, and Protein Plus was right there when I went looking for it! Like I said, good stuff - I've already mentioned it to friends, most of whom I am sure will look for it and try it out. Thanks again for the information about the book offer...if you need a local 'cheerleader' for the product or the healthy lifestyle in the Delaware area, let me know!"

TomWilmington, DE

"Hi, my name is Hanna and I am a renal dietitian. I have about 114 pts that includes both HD and PD. I have several pts who are c/o chronic constipation which can be from lack of both fiber and fluid. I am interested in your Simply Fiber cereal as well as the Protein Plus which low alb is another issue with our pts. Please provide us samples of these products if possible. Thank you very much."

HannaClinton, MD

"Thank you so much! I will make sure the Cresskill King's Manager knows there is a high demand for your products and that they must be on the shelves at all times!

In the meantime, I'll get everyone here at my office hooked on Protein Plus as an afternoon pick-me-up instead of their usual double frappuccinos."

Melissa Tenafly, NJ

"Thank you, thank you for such a great cereal. I was so tired of bran cereals with added sugar or artificial sweeteners or even just too much natural sweeteners. The cinnamon adds a nice flavor; it just tastes so naturally delicious and wholesome. And it's low enough in calories but also satisfying, so I can enjoy it anytime. I can't think of any other cold breakfast cereal that offers all these advantages and is so reasonably priced."

A Happy Customer New York, NY

"It will be my pleasure to recommend Simply Fiber cereal to anyone who has the need for it. With such fine product as Simply Fiber, when the word gets around I can assure you that Benefit Nutrition will grow to be a very big company. I thank you again for producing such healthy cereal."

TerryChicago, IL

"Thank you for your message, helping me to understand the differences in the package vs web site. I buy Simply Fiber from Albertson's in Santa Maria, CA 93454, in the Organic aisle. Keep up the good work."

DebSanta Monica, CA

"I LOVE this product. Got it while in California. Please get it to Louisville Kentucky. Kroger is the largest Chain Grocer and easiest. It does have a health food section. Thanks!"

MichelleLexington, KY

"Thank you so much for sending the information I requested so quickly. I can't wait to try this new cereal. The original Simply Fiber is so good I can't imagine how this is going to be. We at Low Sodium Connections WILL be ordering this product!! Thanks again and have a great day."

Tonja

"Simply Fiber is so good because you only need a little to get a lot of fiber."

JanWashington, DC

"While visiting my daughter in St. Louis, I was shopping in a grocery store, Dieberg's. In the "healthy" food section I saw your product, read the label and liked what I saw. No artificial chemicals, no sweeteners, etc. I had been using Fibre-One previously, but your product is a healthier way to

increase my intake of fiber, in my opinion."

DonMassachusetts

"A friend told me about Protein Plus and I had purchased a couple of boxes until I couldn't find it again. Please let me know where in New York City I can find this great cereal."

MarthaNew York, NY

"I just tried your Protein Plus. I found it very good and it holds me over quite well."

NormFemley, NV

"Sorry to trouble you with this, but at one point Protein Plus Cereal boxes had a recipe on the back for bars you could make with Protein Plus cereal, peanut butter, honey and some other ingredients. The bars were great but I can't find the recipe anywhere now so would it be possible for someone there to send it to me?"

DavidWashington, DC

"Simply Fiber is so good because you only need a little to get a lot of fiber.

JanWashington, DC

"Thank you Benefit Nutrition. I purchased 7 boxes of Protein Plus cereal (all there was!) from Livingston Shop-Rite this evening."

RobertaLivingston, NJ

"Simply Fiber has done wonders for my cholestrol! Thanks!"

CarolOhio

"Fantastic! Thanks so much. I've really missed your cereal... look forward to the delivery"

NancyBoston, MA

"Thank you so much, great news!! I just love your Protein Plus cereal and am thrilled it will be available again. I am also glad you will be distributing to more stores as it is hard to find. Thanks for taking the time to write. I appreciate it. I have tried many protein cereals and yours is by far the best! The only one I eat!!"

PaulaChicago, IL

"I would like to order 2 cases of Protein Plus for myself (in Denver) and also a case for a friend in New York. I can't send it elsewhere because the computer won't let me put in a name to send it to even if I do it in two orders. Can I phone in the order? or email the information? I also gave the order information to someone in San Francisco. You have a great product, but it sure is hard to find."

LyndaDenver, CO

"I had just about given up on finding a no sugar, low fat, no sodium breakfast cereal. Why all the sugars, salt and additives are added, I don't know. And then in Whole Foods, I stumbled upon your Simply Fiber and it is delicious! Thank you!!!"

SusanPhoenix, AZ

"Love your Simply Fiber cereal. Thanks!"

KevinNew York, NY

"We are looking for a place to purchase your Protein Plus cereal in the Ft Pierce-Port St Lucie Florida.....Can you help?"

KarolPort St Luci, FL

"Help! I cannot find Simply Fiber cereal at my local whole foods store. I > have been enjoying it for several months."

DonnaOrmond Beach, FL

"You folks really ought to get the word out on your Simply Fiber cereal to the medical community. I'm a chronic sufferer with IBS, and I can't tell you how many times I've had physicians tell me I should eat Fiber One or All Bran. Problem was, that stuff tastes like recycled sawdust and I just couldn't choke it down. Saw your product at the Wild Oats store in my neighborhood and gave it a try. The stuff is actually not bad at all. While it doesn't taste as good to me as

conventional cereals light corn flakes of Cheerios, it definitely tastes good enough to get down without the experience being at all unpleasant. If I mix a half-cup with some flavored yogurt it even makes a pretty decent desert. So, thanks for your product, and again I would encourage you to let people know that there is a high fiber alternative with a decent taste and texture."

NancyBoston, MA

"Fantastic! Thanks so much. I've really missed your cereal... look forward to the delivery"

David

"Where in Michigan can I purchase Simply Fiber? I found one store in Rochester, Michigan that carries it, however. Thank-you."

KarenMichigan

"Greetings from Lakewood Colorado. The cereal is ok since it has no sweetener but being a diabetic, this sort of cereal is exactly what I was looking for. It prevents the after breakfast surging of my glucose level. I bought the cereal at the local Vitamin Cottage. I looked on your carton for the cereal and saw the web site and thought there might be something of interest and there was. Regards."

AlexLakewood, CO

" Hello and thank you for your prompt and thorough response regarding my inquiry about your "Simply Fiber" cereal it was most appreciated. You may indeed ask, and about a year and a half ago, due to weight maintenance, diabetic, and cholesterol-related health concerns, it became necessary for me to restrict my intake of all refined white flour carbohydrates, (in favor of their whole-grain counterparts) added, refined sugars, high fructose corn syrups and food starches, and hydrogenated oils in bread and food items. (I am currently maintaining this weight loss successfully by a combination of continuing to eat in this manner, through portion control (eating only the recommended serving size on food labels) and calorie monitoring.) This is how I most recently happened upon your "Simply Fiber" cereal product that I currently purchased at Wild Oats Natural Supermarket in Memphis, TN., nearly 2 hours away as it is hard to locate such food items of this quality in my town. I think you have a very good product here, and I ESPECIALLY appreciate and purchased it because it is both LOW-FAT, high in fiber and protein, yet contain NO hydrogenated oils or sugars/high fructose corn syrup (an EXTREMELY RARE find in cereals, especially of this kind) while having extreme versatility for multiple uses, from sprinkling in yogurt to adding to recipes -- you name it! BRAVO! I also appreciate the generous serving size and the low calories per serving. We need more whole grain cereal products like these that contain no hydrogenated oils or added refined sugars, and I commend you for your commitment to produce a product of higher standards and ingredients that probably would not be considered a popular or 'mainstream' product by regular grocery chains to keep in stock. I, therefore, always make it a point to contact the food companies of products such as yours because it is important to me to let them know not only that I purchase the product, but especially and most importantly, why I purchase the product. I hope that you will PLEASE continue making and providing this and other similar cereal products to your consumers for many years to come, perhaps in more easily accessible stores that offer more exposure for the product like Wal-Mart and Kroger. It is my hope that perhaps you might also make these products available for consumer online ordering from your website in the near future as well, or, in bulk, at wholesale clubs such as Sam's. Thank you for your time and for listening, and keep up the GREAT work!"

JenniferMemphis, TN

"Hi Good morning, I am crazy about your cereal Simply Fiber cereal. How can I get my mom to get it at her health food store in Brooklyn, New York on Avenue U and East 22nd Street? This cereal reminds me of a healthier version of sugar smacks cereal. Thanks just wanted to share. I also think you should sell this at Krogers, HG Hills, Publix and Harris Teeter in the Nashville area. It's a winner cereal, thanks for listening."

EllenNashville, TN

"We were recently visiting our daughter and son in law in Keller, TX. a small town between Fort Worth and Dallas and were introduced to your cereal Simply Fiber. Both my husband and I are health conscious and were impressed with the nutrition content and flavor of your cereal."

LaurieRichmond, VA

"I saw it in 'Wild Oats Market' in santa monica - i had been searching for a cereal like that for so long - it is absolutely wonderful - what a great idea - instead of all that stuff that is in regular cereal - I have it every morning and what a difference it has made. Sincerely,"

PriscillaSanta Monica, CA

"Can't thank you enough for your prompt and caring service! It is so rare to find these days. It was a pleasure to speak to you this morning and I look forward to getting the cereal. I went to Wild Oats and gave them a note as well to let me know when it comes in (I will go there and check anyway because I am sure they won't call me) and I told the little old man (Mitch) who bags groceries the good news and he was pleased and warned me to get there before him because he's going to buy them all so his wife and mother will stop nagging him! You have a loyal customer here!!"

AdrianeMiami, FL

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