

# Fiber Supplements

\*\*\* Remember to check labels, to ensure you have the correct dose for the number of grams of fiber you wish to take \*\*\*

Product	Fiber Type	Form	Dosing/day	Dissolve	Grams of Fiber
Konsyl	Polycarbophil	powder	1 packet	8oz. Fluid	6
Fibercon	Polycarbophil	tablets	3		6
Metamucil	Psyllium	powder	1tsp	8oz. Fluid	3.4
		wafers	2		3.4
		capsules	6		3.4 (.5 gm Ea)
Citrucel	Methylcellulose	powder	1tsp	8oz. Fluid	3
		capsules	6		3
Benefiber	Wheat Dextrin	powder	2tsp	8oz. Fluid	3
		chewables	3		3
Unifiber	Cellulose	powder	1Tbsp	8oz. Fluid	3
	Oat bran		0.25 cup		3.6
	Wheat germ		2Tbsp		2
	Flax seed		2Tbsp		4

Your goal should be 25-30 grams of fiber per day and 64oz of water

You should increase the fiber in your diet AND add a supplement.

Most of the supplements come in a variety of flavors and forms; choose the one that suits you best and take it EVERY DAY

