



How To Make Your Reliv Shake:



- 1 Mix with cold water or any juice drink using a glass or shaker cup.
 - 2 Close the lid tightly and shake it up or stir until the powder has dissolved.
- * Best taken twice a day, one shake in the morning and another in the afternoon or evening. May be taken in combination with other Reliv products.



FibRestore has a tasty pineapple flavor and may be mixed with 8 ounces of water or juice or may be taken in combination with other Reliv products.

FibRestore® Consumer Information Panel

Serving Size: 1 Scoop (14 g)
Servings per can: 28

	per serving
Energy	10 kcal
Fat	0
Cholesterol	0
Total Carbohydrate	11 g
Dietary Fibre	10 g
Sugars	1 g
Protein	1 g
Vitamin A (100% as mixed carotenoids)	3500 IU
Vitamin C	350 mg
Vitamin E	200 IU
Iron	12 mg
Sodium	10 mg

FibRestore Proprietary Herb Blend	154 mg
Oriental Ginseng (Panax ginseng)	
Garlic (Allium sativum)	
Capsicum Fruit (Capsicum frutescens)	
Licorice Root (Glycyrrhiza glabra)	
Kelp (Ascophyllum nodosum)	
Rhubarb Root (Rheum officinale)	
Hibiscus Flower (Hibiscus sabdariffa)	
Irish Moss (Chondrus crispus)	
Siberian Ginseng (Eleutherococcus senticosus)	
Aloe Vera (Aloe barbadensis)	
Chicory Root (Cichorium intybus)	
Dandelion Root (Taraxacum officinale)	
Chamomile Flower (Matricaria nobilis)	
Alfalfa Herb (Medicago sativa)	
Pearl Barley (Hordeum vulgare)	
Cayenne (Capsicum annuum)	
Ginger Root (Zingiber officinale)	
Celery Seed (Apium graveolens)	
Sarsaparilla Root (Hemidesmus indicus)	
Passion Flower (Passiflora incarnata)	
Foenugreek Seed (Trigonella foenum graecum)	
Papain (Carica papaya)	
Bromelain (from pineapple stem-Ananas comosus)	

Other Ingredients: Corn Bran, Gum Arabic, Non-GMO Soy Fibre, Fructose, Oat Fibre, Apple Fibre, Pea Fibre, Ascorbic Acid, Alpha Tocopheryl Acetate, Natural and Artificial Flavor, Non-GMO Soy Lecithin, Citrus Fibre, Natural Mixed Carotenoids, Cargeenan, Guar Gum, Xanthan Gum, Inulin, Luo Han Guo Fruit Extract, Citric Acid.



FibRestore is vegetarian, certified Kosher and Halal, ideal for those with lactose intolerance, and contains no animal compounds, artificial preservatives or trans fat.

A product of Reliv International, Inc.
P.O. Box 405, Chesterfield, MO63006-0405
Made in U.S.A.

Your local Independent Reliv Distributor is:



Distributed By:

Malaysia

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Fibre --- and so much more!
Balance, Restore, Revitalize



Nutrition made simple, life made rich.