



NATURE'S SUNSHINE

Everybody's Fiber

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **4.6 oz powder**

ITEM # **1336**

SERVING **5 grams**

SUPPLY **26 days**

DIRECTIONS FOR USE Mix one scoop (5 grams) in 4 fl. oz. of water or juice, once daily.

— How the Key Ingredients Work

Everybody's Fiber brings together a thoughtfully chosen blend of plant fibers, soothing herbs, and natural flavors that work together to support comfortable digestion, a happy gut, and everyday wellness. Each ingredient plays its own role, so the whole formula does more than any single ingredient could on its own.

Apple — Apples bring natural pectin fiber to the blend — a type of soluble fiber that slows digestion, helps you feel fuller longer, and feeds the good bacteria in your gut. Apple also delivers plant antioxidants like quercetin and catechins that help the body defend itself against everyday oxidative stress.

Flaxseed — Flaxseed is a fiber powerhouse with a gentle, mucilage-rich soluble fiber that coats and soothes the digestive tract. It also provides plant-based omega-3 fatty acids and lignans — natural compounds studied for their support of healthy circulation and comfortable, regular bowel habits.

FOS (Fructooligosaccharides) — FOS are special plant sugars that your body doesn't digest — instead, they travel to your colon and feed the friendly bacteria living there. Think of them as food for your gut's good guys. They've also been studied for supporting healthy calcium absorption and helping the body maintain steadier blood sugar levels.

Slippery Elm Bark — Slippery elm has been used for centuries to calm and coat the digestive tract. When mixed with water, its inner bark becomes wonderfully slippery and soothing — helping to ease occasional abdominal discomfort and bloating. Its natural fibers also act as a prebiotic, helping nourish beneficial Lactobacillus and Bifidobacterium bacteria in the gut.

Marshmallow Root — Marshmallow root lives up to its healing name — the word 'althaea' actually comes from the Greek word for 'to heal.' Its rich, mucilaginous fibers coat and soothe the lining of the digestive tract, and the German Commission E has recognized marshmallow root for supporting a comfortable stomach. It also shows antioxidant activity in laboratory studies.

Chamomile — Chamomile is one of the world's most beloved calming herbs, and for good reason. It has a long history of use as a digestive soother, helping to ease occasional cramping, gas, and abdominal discomfort. Chamomile is also a key ingredient in well-studied herbal digestive formulas, and its natural antioxidants help support the body's defenses.

Peppermint — Peppermint brings more than a fresh flavor to this formula. Its active compound, menthol, helps relax the smooth muscles of the digestive tract, easing occasional bloating and discomfort. Multiple clinical studies support peppermint's role in promoting comfortable digestion, and it contributes natural antioxidant compounds as well.

Fennel — Fennel has been trusted across European, Ayurvedic, and Chinese herbal traditions for centuries as a carminative — meaning it helps ease gas, bloating, and cramping after meals. Its natural essential oils help relax the muscles of the colon, supporting smooth, comfortable digestion. Fennel also contributes polyphenols with antioxidant properties.

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