

Fiber Guidelines

Product:

Use any one of the products listed below; they are all available over the counter

- Metamucil powder
- Citrucil powder
- Benefiber powder

Directions:

Dissolve the powder in 8 ounces of fluid. Take twice each day once in the morning and once in the evening.

**Drink 2 to 4 quarts of water each day.*



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