

# FiberSnacks!™

Peanut Chocolate Chew | Honey Almond Crisp

## Add fiber to your day the delicious way.

With a premium mixture of prebiotic soluble and insoluble fiber, this healthy, gluten-free snack keeps you satisfied for hours, while promoting healthy intestinal flora for a balanced digestive system.

### What should I know about FiberSnacks!?

- Contains 6g of fiber, which is 24%\* of your recommended daily intake of fiber, and only 150 calories with zero trans fats. It's a deliciously-smart snack, perfect for maintaining a healthy lifestyle.
- Includes two types of premium hunger-curbing fiber that also supports healthy blood sugar levels by slowing the absorption rate of carbohydrates.
- Contains soluble fiber, which helps to soften stool consistency and insoluble fiber, which promotes regularity.
- Prebiotic soluble fiber feeds the probiotic bacteria in the intestine. A healthy intestinal flora improves digestion and supports the immune system by guarding against the production of harmful bacteria.
- This convenient, gluten-free snack contains all-natural ingredients with 6g of high-quality, hunger-curbing undenatured whey and milk protein from sustainable New Zealand dairy farms. The cows are free-grazing and not treated with artificial hormones or antibiotics.

\* Percentage based on U.S. product.



New Peanut-Free  
Honey Almond Crisp  
Add to your kids lunch box

### How can I benefit from eating FiberSnacks!?

- This healthy, but decadent peanut and honey almond treat allows you to snack smart without compromising taste.
- Contains high-quality fiber and protein to help you feel fuller longer, so that you don't overeat, making it a great snack on Shake Days.
- Fiber adds bulk to your diet, which helps move food through your digestive tract to keep you regular.
- Perfectly complements a gluten-free lifestyle.



## How do FiberSnacks!™ compare to other fiber sources?



	FIBER	PROTEIN	GLUTEN FREE
1 FiberSnacks! Bar	6g	6g	yes
<b>VS</b>			
1 ½ cups uncooked oatmeal	6g	4g	no
3 ¾ cups raw cabbage	6g	4g	yes
2 ¼ cups prune juice	6g	3.5g	yes

Each image represents a serving of approximately 6g of fiber.

*FiberSnacks!* give you 6g of fiber, which is 24%\* of your daily intake of fiber. With 6g of high-quality protein, you're also getting the equivalent to the amount of protein found in one large egg. Unlike most fiber products, these delicious treats are gluten-free to promote an even healthier lifestyle.

\* Percentage based on U.S. product.

## FiberSnacks! Frequently Asked Questions

### IF I BUY FIBERSNACKS!, SLIMCAKES® AND ISAGENIX FIBERPRO™ TOGETHER, WILL I BE GETTING TOO MUCH FIBER?

The National Fiber Council recommends that men and women get between 20–38g of fiber daily, but the average North American gets only about half that amount. This is why it's important to get your fiber from multiple sources. You can get 6g of fiber from one *FiberSnacks!*, 5g from one SlimCakes, and 5g from one scoop of FiberPro, which all together will offer you about half of your daily recommended intake of fiber.

### WHY WAS PROTEIN ADDED TO FIBERSNACKS!?

Similar to fiber, protein also helps to satisfy hunger, so you eat less and stay fuller, longer. Protein also promotes muscle growth and maintenance, while providing essential amino acids, the building blocks for the body's cellular proteins and enzymes.

### ARE FIBERSNACKS! SAFE FOR KIDS AND WOMEN WHO ARE PREGNANT OR NURSING?

Yes, *FiberSnacks!* are a safe snack option no matter your age. They are also safe for expectant mothers

or those who are nursing. Additionally, our newest flavor—Honey Almond Crunch— is a tasty, peanut-free alternative and completely safe for those with peanut allergies. They also fit conveniently into lunch boxes, purses and briefcases.

### CAN YOU ENJOY FIBERSNACKS! AS A MEAL ALTERNATIVE?

At only 150 calories, *FiberSnacks!* should be eaten as a healthy fiber and protein-rich snack to curb hunger between meals. If you are looking for a meal alternative, *IsaLean® Bars*, *IsaLean® Shakes* and *IsaLean® Soups* are great options.

### HOW CAN FIBERSNACKS! BE USED TO COMPLEMENT OUR NUTRITIONAL PAKS AND SYSTEMS?

*FiberSnacks!* are great on Shake Days, which are higher in protein and lower in fiber. They provide a healthy snack option that keeps your hunger curbed and your digestive system regular so that you can avoid constipation.

For more information, please contact your Isagenix Independent Associate:

