

NUTRI  
**vitaie**  
PLUS

DIGESTIVE HEALTH\*

# flaxseed fiber blend

*With garcinia cambogia extract*



## HELPS SUPPORT

- » Healthy Blood Pressure\*
- » Immune System Support\*
- » Healthy Glucose Index \*

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**Dietary Supplement**

NET WT. 10 oz / 284 g



## Supplement Facts

Serving Size 1 tbsp (14.77g)  
 Servings Per Container 19

### Amount Per Serving

	Content	% Daily Value*
<b>Calories</b>	<b>45</b>	<b>Calories from fat 32</b>
<b>Total Fat</b>	4 g	6%
Saturated Fat	0 g	2%
Polyunsaturated fat	.65 g	
Monounsaturated fat	2.5 g	
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	13 mg	1%
<b>Total Carbohydrate</b>	7 g	2%
Dietary fiber	7 g	0%
Sugar	0 g	
<b>Protein</b>	3 g	6%
Calcium	9,400 mcg	9%
Potassium	1,076 mg	31%
Iron	1,200 mcg	7%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## INGREDIENTS

Flaxseed (milled), Oat Bran powder, Apple fiber powder, Prickly Pear (Nopal) Cactus powder, Bromelain powder (Pineapple), Pomegranate powder, Papain powder (Papaya), Garcinia Cambogia extract powder (with 50% HDC), Grape Seed Extract powder.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**WARNING:** Stop taking during pregnancy or while nursing. **ADVERTENCIA:** No se consuma durante el embarazo o lactancia.

Distributed by  
**CHIMEX SEEDS ROOTS & HERBS**  
 Pacoima, CA 91331

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## FLAX SEED

Nutri Vitae contains a natural blend of insoluble fiber with a low glycemic index. The main ingredient, flaxseed meal, contains essential fatty acids such as ALA, Omega-3. Flaxseed possesses one of the best sources of Lignans, a natural and powerful antioxidant.\*

## OAT FIBER

Great source for minerals and soluble fiber. The consumption of soluble fiber from whole oats may help reduce the risk of heart disease and may help with healthy cholesterol levels.\*

## APPLE FIBER

An excellent source of Pectin, a dietary fiber found in apples. Soluble fiber works to maintain healthy cholesterol levels by reducing the amount of cholesterol that the body absorbs. Apple fiber may also be a benefit for a healthy digestive system.\*

## NOPAL-CACTUS (PRICKLY PEAR CACTUS)

Contains high levels of both soluble and insoluble fiber (a beneficial prebiotic).\*

## POMEGRANATE FRUIT

Another great source for fiber that comes from a fruit! Rich in vitamins and minerals. Good source of Vitamin C.\*

## GRAPE SEED EXTRACT

Contains antioxidants to help prevent cell damage caused by free radicals. Grape seed extract contains Resveratrol, a naturally occurring phenol, that acts like an antioxidant.\*

## BROMELAIN

A great digestive enzyme that help to breakdown proteins. It is derived from the stem and juice of pineapples. It has been used for years for healthy digestion and joint support.\*

## PAPAYA

Excellent source of Vitamin C as well as a good source of Vitamin A and E, All natural antioxidant.\*

## GARCINIA CAMBOGIA

Contains the vital compound HCA (hydroxycitric acid), which helps to maintain healthy weight and help boost overall energy.

## DIRECTIONS

Blend or stir 1 tablespoon in 8 oz. of water, or your choice of beverage, and consume immediately. For best results, take it twice a day before meals.

## INSTRUCCIONES

Mezcle o agregue 1 cucharada en 8 onzas de agua, o la bebida de su elección y consumir inmediatamente. Para obtener mejores resultados, tomar dos veces al día antes de los alimentos.

