



# Kfibre™

## 100% NATURAL WHOLE PLANT FIBRE

Kfibre™ is a functional and prebiotic fibre for gut health management and microbiome support containing active phytonutrients and antioxidants.

- SUPPORTS:
- MICROBIOME
  - WEIGHT MANAGEMENT
  - DIGESTION AND BOWEL FUNCTION
  - CONSTIPATION—ADULT/CHILDREN
  - DIETARY INDIGESTION AND HEARTBURN



## A PREBIOTIC FOR DIGESTION AND GUT HEALTH MANAGEMENT

**Net Weight 100g**

See back for usage suggestions.

Low calorie. No known allergens.

**NON-GMO**



## Directions for use

**Liquid Applications:** smoothies, protein shakes, milk and flavoured mixes.

**Baking (cakes, biscuits, bread, pancakes):** Follow your recipe – for every 1 cup of flour, add 1 tablespoon of Kfibre™ (may need a little more liquid).

**All other applications:** at user's taste/preference. *Suggestions:* Icing, soups, dips, meatballs, homemade sausage rolls, cheesecake base, mashed potato/pumpkin, gravy, quiche, scrambled eggs, bliss balls, protein balls and energy bites.

**If you have a history of sensitive gut health, we encourage you to start with the Sensitive Gut recommendation, then increase the amount slowly over 28 days.**

Fibre Usage Suggestions: 1 serving = 1 teaspoon (1.5g)	Sensitive Gut 28-day weaning phase		Standard Usage 1 serve = 1 teaspoon
	1 -14 days	15 - 28 days	
<b>Microbiome Support</b>	1/2 teaspoon	1 teaspoon	2 serves per day
<b>Digestion &amp; Bowel Function</b>	1/2 teaspoon	1 teaspoon	2 serves per day
<b>Constipation adults/children*</b>	1/2 teaspoon	1 teaspoon	2 serves per day
<b>Dietary Indigestion &amp; Heartburn</b>	1/2 teaspoon	1 teaspoon	1-2 serves per day
<b>Weight Management</b>	1/2 teaspoon	1 teaspoon	2-3 serves per day

Constipation	Weight Management	Dietary Indigestion & Heartburn
Drink more liquids	30 minutes before meals	As per table or as needed

## Kfibre™ facts

- Kfibre is a high nutrient fibre supplement.
- Diets high in fibre have been shown to improve general well-being, digestive health and to alleviate bowel discomfort.
- Kfibre™ is made with 100% natural sugarcane, however KFSU removes 95% of the sugar.
- No chemicals used in its production.

## Precautions

- Please drink more liquids when taking Kfibre™.
- As your body adjusts to increases in fibre you may experience altered bowel movements.
- Improper or overuse may result in discomfort.
- Never ingest or inhale the powder directly.
- Do not use if tamper evident heat seal is not intact.
- Do not use in case of medically induced constipation.

For more information please visit:



[www.facebook.com/kfibre](http://www.facebook.com/kfibre)



[www.kfibre.com](http://www.kfibre.com)

\*Children must be on full solids.

Not intended for immediate relief. Always read the label, use only as directed. If symptoms persist, see your healthcare professional.

## Nutrition Information

Serving per package: 66 Serving size: 1.5g

100g bag 1 month - 1 person 2 serves per day	Average Quantity per Serving	Average Quantity per 100 g
Energy	14 kJ	950 kJ
Protein	< 0.1 g	1.9 g
Fat, Total	< 0.1 g	3.1 g
- Saturated	< 0.1 g	1 g
Carbohydrate	1.4 g	92.5 g
- Sugars	< 0.1 g	8.1 g
Fibre - Dietary	1.3 g	84.5 g
Sodium	< 1.0 mg	30 mg

**Ingredients:** 100% Sugarcane Fibre (sucrose reduced)

Kfibre™ contains NO artificial colours, flavours, preservatives or chemical stimulants. Kfibre has no known allergens.

## Storage Instructions:

Store below 30°C with container sealed to protect from moisture.



Made in Australia from local ingredients.  
KFSU LTD, 24 Bird St, Ayr QLD Australia 4807  
Consumer information: [www.kfibre.com](http://www.kfibre.com)