



Organic Super Fiber

Not your grandparent's fiber. Organic Super Fiber has a variety of organic superfoods that deliver a delicious fusion of soluble and insoluble fiber to help make you feel full, keep things moving, and support digestive detoxification. With a light vanilla flavor and grit-free mix, Organic Super Fiber is full of tasty goodness. Feel great every day with a happy gut microbiome.*

9 Health Benefits of Organic Super Fiber

1 Good for the Gut Microbiome

Organic fiber, a prebiotic and probiotic support a healthy microbiome.



2 Gut-Friendly Enzymes

Plant-based enzymes promote healthy digestion for less bloating and gas.



3 Keeps Digestion Moving

Insoluble fiber helps to keep the digestive tract moving so you'll be more regular.



4 Supports Healthy Cholesterol

Soluble fiber helps to support healthy cholesterol and lipid levels for a healthy heart.



5 Helpful for Glucose Support

Research shows consuming fiber helps to stabilize glucose levels in the body.



6 Detoxes the G.I. Tract

Fiber speeds up digestion and helps to scrub toxins from the digestive tract.



7 Promotes Feeling Full

Feel full with 7g of fiber, helping to reduce appetite so you eat less at meals.



8 Helps to Curb Cravings

Organic superfoods provide 4g of plant proteins to help curb cravings.



9 Antioxidant Support

Organic herbs and superfoods provide antioxidants to fight free radicals.



7g organic fiber | 4g plant protein | no added sugar | soy & dairy free | nothing artificial

Superfood Fiber-Protein Blend:

Organic Pea Hull Fiber, Organic Pea Protein, Organic Flax Seed, Organic Chia Seed, Organic Rice Fiber, Organic Psyllium Husk, Organic Pumpkin Sprout, Organic Quinoa Sprout, Organic Millet Sprout

Digestion Support & Antioxidant Blend:

Organic Jerusalem Artichoke Inulin, Organic Agave Inulin, Organic Vanilla, Organic Acacia Gum, Organic Fenugreek, Organic Marshmallow Root, Probiotic (Bacillus Coagulans), Organic Luo Han Guo Extract, Enzyme Blend (Amylase, Protease, Cellulase, Lactase and Lipase), Organic Turmeric Root

Suggested Use: Mix two scoops with 8 to 12 oz. of water (shake well) or blend into your favorite smoothie.



touchstone essentials

*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.