



## EVENING SYNC FIBER

As you prepare for your evening meal, sync your digestive tract to optimize digestion and curb late-night cravings. Studies show that most people consume less than the recommended amount of fiber each day. Fiber plays an important role in heart health and weight management, and offers many other benefits. Sync contains the Fiber Trio, a unique and proprietary combination of all three essential fibers: soluble, insoluble, and prebiotic.

### Soluble Fiber

Sync provides powerful soluble fibers organically grown from trees found in the Mediterranean—Acacia. These fibers form a cleansing gel that binds nasty fats and cholesterols to support cholesterol levels already within the normal range.



### Super Food – Super Heart

As a superfood, oat beta-glucan soluble fiber may bind dietary fats to support their removal from the body.

### Optimize Digestion

An apple a day is good advice after all. Sync uses fiber from dried apples and organically grown peas to assist in purifying the digestive tract and quickly removing unwanted chemicals and waste.



### Nutrition Facts

Serving Size 1 scoop (13 g)  
Servings Per Container 30

Amount Per Serving		
<b>Calories</b>	50	
Calories from Fat	5	
		<b>% Daily Value*</b>
<b>Total Fat</b>	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	55 mg	2%
<b>Total Carbohydrates</b>	9 g	3%
Dietary Fiber	3 g	12%
Soluble Fiber	2 g	
Insoluble Fiber	1 g	
Sugars	0 g	
<b>Protein</b>	2 g	

Vitamin A 0%  
Vitamin C 0%  
Calcium 2%  
Iron 6%

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

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates	Less than	300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:  
Fat 9 • Carbohydrates 4 • Protein 4

**INGREDIENTS:** Whole oat bran, cocoa bean powder, organic inulin, fructooligosaccharides (FOS), organic gum acacia, apple pectin, natural flavors\*, dextrose\*, organic pea fiber, salt, steviol glycosides.

\*adds a dietarily insignificant amount of sugar

**DIRECTIONS:** Take 20 minutes before a meal. Mix one scoop with 6-8oz. of cold water or your favorite low-calorie milk (we suggest unsweetened almond milk). For a relaxing treat, try as a hot cocoa. Use in conjunction with a calorie responsible meal plan and exercise.

**STORAGE:** Keep tightly closed and store in a cool, dry place.