

# REGULAR GIRL IS THE PREFERRED CHOICE FOR DIGESTIVE HEALTH



**Guar Fiber and B. lactis**



**Wheat Dextrin**



**Psyllium**



**Inulin Tablets**



**Probiotic Capsules**



**Laxative**

	Guar Fiber and B. lactis	Wheat Dextrin	Psyllium	Inulin Tablets	Probiotic Capsules	Laxative
Fiber Per Serving	5 g	3 g	3 g	3 g	0.2 g	0 g
Calories Per Day	10	45	75	20	0	0
Probiotics	✓ (8 billion)				✓ (10 billion)	
Gluten Free	✓		✓	✓	✓	✓
Low FODMAP Certified	✓					
Organic Certified	✓					
Non-GMO Project Verification	✓					
100% Natural	✓		✓			
Constipation Management <sup>1</sup>	✓ (1 svg)		✓ (3 svg)	✓ (>2 svg)		✓
Diarrhea Management <sup>1</sup>	✓ (1 svg)		✓ (>4 svg)		✓ (1 svg)	
Glycemic control <sup>1</sup>	✓ (1 svg)		✓ (3 svg)	✓ (>3 svg)		
Satiety <sup>1</sup>	✓ (1 svg)	✓ (3 svg)	✓ (>1 svg)	✓ (2 svg)		
Low Gas, Bloating & Cramping	✓	✓	✓		✓	✓
Clear & Flavor-free in Water	✓	✓				✓
Non-Gelling & Dissolves Completely	✓	✓				✓
Sugar	0 g/svg	0 g/svg	4 g/svg	0 g/svg	0 g/svg	0 g/svg
Suggested Use	As a dietary Supplement, 1 svg/day	As a dietary Supplement, 3 svg/day	As a dietary Supplement, 3 svg/day	As a dietary Supplement, 2 svg/day	As a dietary Supplement, 1 svg/day	<b>As a drug</b> 1 svg/day Max use 7 days
Other Ingredients	none	none	sucrose	sorbitol, corn starch, microcrystalline cellulose, dextrose, citric acid, magnesium stearate, natural and artificial flavors & colors	hydroxypropyl methylcellulose, sucrose, maltodextrin, sodium ascorbate, vegetable magnesium stearate, silicon dioxide, titanium dioxide	none

<sup>1</sup> Additional information available upon request