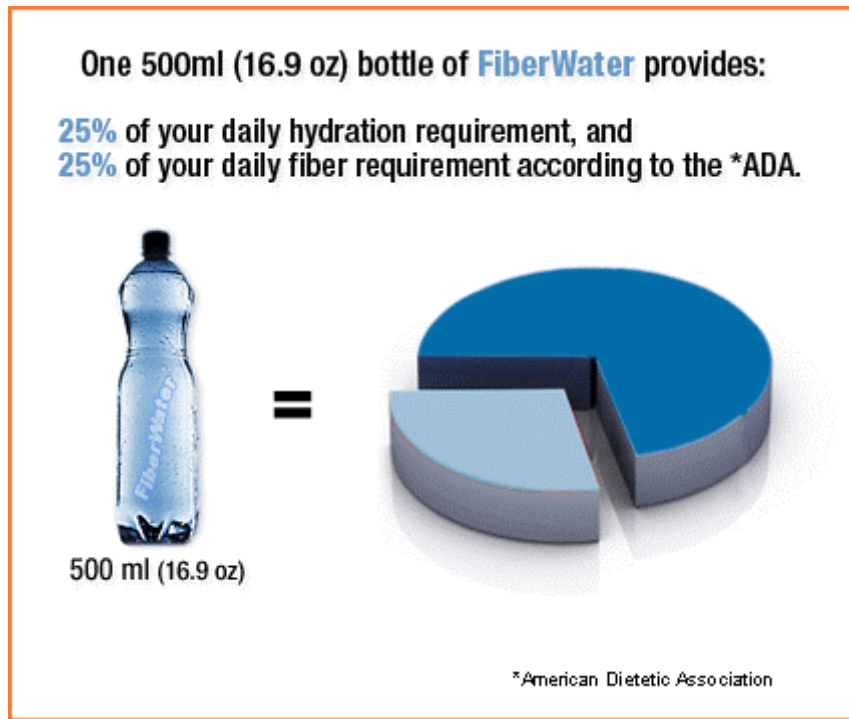
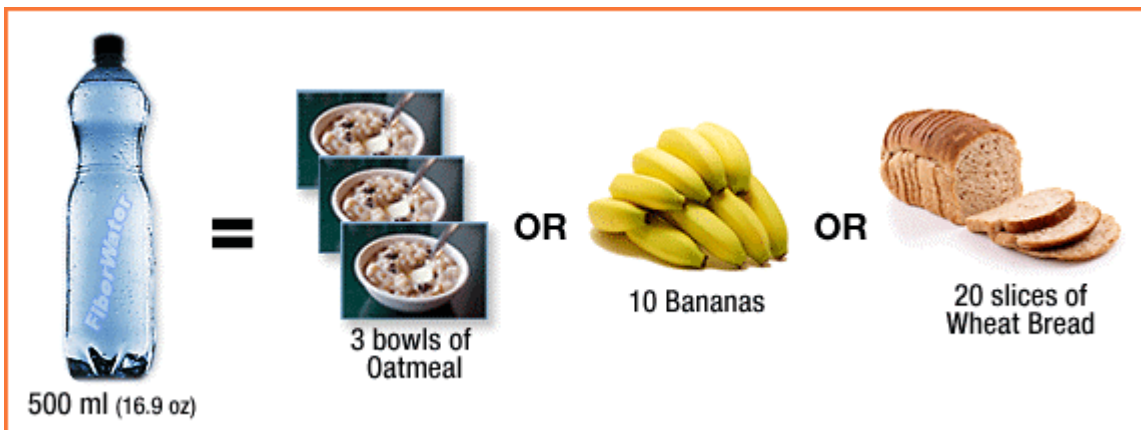


FiberWater contributes significantly to your daily fiber intake to ensure that you live healthier.



FiberWater provides (six) 6 grams of a proprietary formulation of seven (7) fibres. Look at how much food you would have to eat equivalent to that same six (6) grams.



Soluble Fibers in Foods				
Serving Size		Total Fiber (g)	Soluable Fiber (g)	Insoluble Fiber (g)
Breads, Cereals, and Pasta				
Cornflakes	1 cup	0.5	0.0	0.5
White bread	1 slice	0.53	0.03	0.5
Rye bread	1 slice	2.7	0.8	1.9
Whole grain bread	1 slice	2.9	0.08	2.8
French bread	1 slice	1.0	0.4	0.6
Dinner roll	1 roll	0.8	0.03	0.8
White rice	1/2 cup cooked	0.5	0.5	0.0
Brown rice	1/2 cup cooked	1.3	1.3	0.0
Egg noodles	1/2 cup cooked	0.8	0.3	0.8
Spaghetti	1/2 cup cooked	0.8	0.02	0.8
Bran (100%) cereal	1/2 cup	10.0	0.3	9.7
Rolled Oats	3/4 cup cooked	3.0	1.3	1.7
Oats, whole	1/2 cup cooked	1.6	0.5	1.1
Corn grits	1/2 cup cooked	1.9	0.61	0.3
Graham crackers	2	1.4	0.04	1.4
Rye wafers	3	2.3	0.06	2.2
Popcorn	3 cups	2.8	0.8	2.0
Fruits				
Apple	1 small	3.9	2.3	1.6
Apricots	2 medium	1.3	0.9	0.4
Banana	1 small	1.3	0.6	0.7
Blackberries	1/2 cup	3.7	0.7	3.0
Cherries	10	0.9	0.3	0.6
Grapefruit	1/2 fruit	1.3	0.90	0.4
Orange	1 medium	2.0	1.3	0.7
Peach	1 medium	1.0	0.5	0.5
Pear	1 small	2.5	0.6	1.9
Pineapple	1/2 cup	0.8	0.2	0.6
Plums	2 medium	2.3	1.3	1.0
Strawberries	3/4 cup	2.4	0.9	1.5
Tangerine	1 medium	1.6	1.4	0.4
Vegetables				

Broccoli	1 stalk	2.7	1.3	1.4
Carrots	1 large	2.9	1.3	1.6
Corn	2/3 cup	1.6	0.2	1.4
Lettuce	1 cup raw	0.5	0.2	0.3
Parsnips	1/2 cup cooked	4.4	0.4	4.0
Peas	1/2 cup cooked	5.2	2.0	3.2
Potatoes	1 small	3.8	2.2	1.6
Squash, summer	1/2 cup cooked	2.3	1.1	1.2
Tomato	1 small	0.8	0.1	0.7
Zucchini	1/2 cup cooked	2.5	1.1	1.4
Legumes				
Green peas	2/3 cup cooked	3.9	0.6	3.3
Kidney beans	1/2 cup cooked	4.5	0.5	4.0
Lentils	2/3 cup cooked	4.5	0.6	3.9
Lima beans	1/2 cup cooked	1.4	0.2	1.2
Pinto beans	1/2 cup cooked	3.0	2.2	0.7
White beans	1/2 cup cooked	4.2	0.4	3.8

Data from Anderson JW, Bridges SR. *Dietary fiber content of selected foods. Am J Clin Nutr* 1988;47:440-7; Bowes AD. *Bowes and Church's Food values of portions commonly used. 14th ed. New York: Harper & Row, 1985. And Internet resources*