## HK TW SG Fibergy Plus

建議食用方法: 每一份量取一茶匙(14公克)加進290-340毫升的白開水或果汁;或取半茶匙(7公 克加進我的智選奶昔,拌匀即可享用。

建議食用量:每日1份(14公克)。

注章事項:

本產品每份含4公克(洋)車前子殼。(洋)車前子殼每日最高攝食量為10.2 公克,「請配合足量水一 起食用,對(洋)車前子過敏者請勿食用。若您正服用藥物(醫生處方或一般成藥),請與藥品 服用時間至少間隔2小時,再食用本產品。

DIRECTIONS: MIX A FULL SERVING, 1 ROUNDED TABLESPOON (14 g), INTO 290-340 mL OF WATER OR JUICE. OR, MIX A HALF SERVING, 2 ROUNDED TEASPOONS (7 g), WITH MYSMARTSHAKE PROTEIN BASE. MIX THROUGHLY, ENJOY IMMEDIATELY. TAKE ONE (1) SERVING PER DAY.

CAUTION: THIS FOOD SHOULD BE EATEN WITH AT LEAST A FULL GLASS OF LIQUID. EATING THIS PRODUCT WITHOUT ENOUGH LIQUID MAY CAUSE CHOKING. DO NOT EAT THIS PRODUCT IF YOU HAVE DIFFICULTY SWALLOWING OR ARE ALLERGIC TO PSYLLIUM SEED HUSK. IF YOU ARE TAKING ANY MEDICATIONS (PRESCRIPTION AND/OR OVER-THE-COUNTER) TAKE THIS PRODUCT AT LEAST 2 HOURS BEFORE OR 2 HOURS AFTER YOUR MEDICATION.

營養標	际 / NU	TRITION	<b>FACTS</b>
每一份量14公克 (一茶匙) / Serving Size: 14 g (1 tablespoon)			
每包裝含28份 / Servings Per Package: 28			
		每份 (14公克) Per Serving (14 g)	每100 公克 Per 100 g
熱量	Energy	28 大卡 / Kcal	200 大卡 / Kcal
蛋白質	Protein	0 公克 / g	0 公克 / g
脂肪	Total Fat	0 公克 / g	0 公克 / g
飽和脂肪	Saturated Fat	0 公克 / g	0 公克 / g
反式脂肪	Trans Fat	0 公克 / g	0 公克 / g
膽固醇	Cholesterol	0 毫克 / mg	0 毫克 / mg
碳水化合物	Carbohydrates	13 公克 / g	93 公克 / g
糖	Sugars	0 公克 / g	0 公克 / g
膳食纖維	Dietary Fibre	12 公克 / g	86 公克 / g
鈉	Sodium	28 毫克 / mg	200 毫克 / mg

\*1 Kcal IS FOLIVALENT TO 4.2 K.I

成分:(洋)車前子殼,甘蔗纖維,菊糖,阿拉伯膠,柑桔果膠,檸檬酸,香料,亞麻子粉

「本產品雖不含麩質成分,但生產的機器也加工牛奶、蛋、魚類、貝類、堅果、小麥、麩質 及大豆。

此為密封包裝。若其密封層破損,請勿食用。

產品批號及有效日期(日/月/年)請詳見產品包裝。

INGREDIENTS: PSYLLIUM SEED HUSK, CANE FIBRE, INULIN, GUM ARABIC, CITRUS PECTIN, CITRIC ACID. FLAVOURS, AND FLAXSEED POWDER.

\*NO GLUTEN CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, EGG, FISH, SHELLFISH, TREE NUTS, WHEAT, GLUTEN, AND SOY.

THIS IS A SEALED CONTAINER, DO NOT USE IF CONTAINER IS BROKEN.

BEST BEFORE: DD/MM/YYYY (SEE PACKAGING) STORE BELOW 25°C

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