



# FIBER CHECKLIST

(The only one you will ever need!)



**Backed Up  
and Need  
a Quick Fix?**

## TAKE: PSYLLIUM HUSK

- 1 tablespoon 2x a day
- Mix with 8 ounces of water
- Follow with another 8 ounces of water
- \* Total of 10 grams of fiber

**Suffering  
From Chronic  
Constipation?**

## TAKE: ACACIA FIBER

- Take 6 500 mg pills daily
- 3 in the am, 3 in the pm
- \* Total of 3 grams of fiber



**Want Fiber  
for the  
Health  
Benefits?**

## EAT: BLACK BEANS

- Eat 1 cup per day
- Mix into burgers or brownies
- \* 15 grams of fiber