

THERA NORDIC

Fibre is important for a healthy gut. Daily Healthy Bowel contains a mix of fibre that helps keep you regular and also nourishes the beneficial bacteria in the gut.

Daily Healthy Bowel is made with highest quality ingredients, without artificial sweeteners or flavourings.

HOW TO USE?

MIX 1 SCOOP INTO...



**SMOOTHIES
OR JUICE**



**YOGHURT
OR PORRIDGE**



BEVERAGES



**IN COOKING
OR BAKING**

...1-3 TIMES DAILY

Ingredients: Inavea™ (Acacia fibre, Baobab fruit powder), Sunfiber® AG (Partially hydrolysed guar gum)

Supplement Facts

Serving Size: 8 g (1 scoop)

Servings Per Container: 30

	Amount Per serving	Amount Per 100 g
Energy (kJ)	75	938
Energy (kcal)	18	225
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Protein	0.12 g	1.5 g
Total Carbohydrates	1.12 g	14 g
of which sugars*	0.9 g	11 g
Dietary fibre	6.1 g	76 g
Salt	0.02 g	0.2 g

*No added sugars. Contains only naturally occurring sugars.

MADE WITH

Sunfiber® **inavea®**

BAOBAB & ACACIA

Sunfiber® is a registered trademark of Taiyo Kagaku Co., Ltd.

INAVEA™ is a trademark of NEXIRA



THERA Nordic, PO Box 1546,
Stamford, PE8 9BL

**MADE
IN UK**

Batch# / BBE: see pouch
Net weight: 240 g
SKU: DHB240



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Please
recycle

DHB240-01.24-1