



# HEALTH & WELLNESS

## FEELIN' GOOD

*Keep your colon healthy*

### DESCRIPTION

Do you occasionally feel weighed down and backed up? Fortunately, there's something you can do about it.

Getting proper amounts of fiber (25 to 35 grams a day) is one of the best ways to regulate your bowels. Fiber is vital for a healthy colon. It feeds beneficial bacteria and produces short-chain fatty acids that the colon's cells rely on for energy.<sup>1</sup>

Add Neways' Feelin' Good to your diet, and you'll notice a difference. This concentrated dietary fiber comes from a variety of natural food sources to give you more of the fiber you need. It's a superior fiber source because it features uniform high-fiber content with herbs that support regularity.

Keep your colon healthy, and enjoy Feelin' Good.

### BENEFITS

- Promotes detoxification of the gastrointestinal tract by promoting friendly intestinal bacteria
- Promotes intestinal tract cleansing
- Supports colon health
- Supports gastrointestinal health
- Supports immune system health
- Supports normal feelings of well-being
- Supports regularity
- Supports normal digestion

### RECOMMENDED USE

Take two tablets three times daily.

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(continued)

### KEY INGREDIENTS

*Flaxseed powder, psyllium seed husk powder, prune powder, apple fruit powder, artichoke leaf powder, enzyme powder, echinacea root, aloe vera powder, alfalfa leaf, capsicum fruit*

#### Supplement Facts

Serving Size 2 Tablets

Servings Per Container 90

Amount Per Serving	% Daily Value
Proprietary Blend:	983 mg
Flax seed powder, psyllium husk powder, prune fruit powder, apple fruit powder, artichoke leaf powder, gentian root powder, marshmallow root powder, alfalfa leaf powder, aloe Vera leaf, capsicum fruit powder, echinacea root powder, fructose oligosaccharide, slippery elm bark powder, acidophillus lactobacillus, protease, cellulase, lactase, lipase, amylase.	

\* Daily Value not established

Other ingredients: microcrystalline cellulose, gum arabic, croscarmellose sodium, shellac, magnesium stearate, silicon dioxide, corn starch, hypromellose, maltodextrin.

**DIRECTIONS:** Take two tablets three times daily.

**CAUTION:** Consult your health care provider prior to use if you are pregnant or nursing, have a medical condition, or when taking any medication.

**STORAGE:** Keep tightly closed and store in a cool, dry place.

**STORE OUT OF REACH OF CHILDREN**

*Neways uses natural source materials that may cause color variation in the product.*

### REFERENCES

1. Wong JM, De Souza R, Kendall CW, Emam A, Jenkins DJ. Colonic health: fermentation and short chain fatty acids. *J Clin Gastroenterol.* 2006 Mar;40(3):235-43.



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