

Active Fibre Complex

If you need more Fibre in your diet, you might want to consider incorporating Herbalife Nutrition Active Fibre Complex as a part of your healthy diet. It contains a blend of insoluble and soluble Fibre which helps to promote a sense of overall well-being by maintaining healthy digestion.



Looking for guidance, tips or healthy recipes?

Talk to your Herbalife Nutrition Independent Member

Soluble and Insoluble Fibre

Healthy Digestion

5g fibre



What are the key ingredients?

Dietary Fibre

How does it benefit you?

- A balanced formula of soluble and insoluble fibres for digestive health.
- One serving provides 5g of the recommended 25g daily intake of fibre.
- Supports regularity and bowel function.
- Support your daily fibre needs.
- Delicious apple flavour.

How do I take it?

Mix 1 scoop with 240ml of water.
Take 1 to 2 times per day.

Who is it suitable for?

- Those who do not have at least 2 servings of fruits and vegetables per day.
- Those who experience difficulty in bowel elimination.
- Those who experience occasional constipation.
- Those who are on a weight management program which might be lacking in fibre.

You might also want to try

Formula 1 Nutritional Shake Mix, Personalised Protein Powder, Herbal Aloe Concentrate and Formula 2 Multivitamin Complex.

**Always read the label - use only as directed.
Contains soybean ingredients.**

To learn more, visit Herbalife.com.au

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. These products are not intended to diagnose, treat, cure, or prevent any diseases. This information is not intended to replace the advice of your personal medical professional.

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