

## Fiber Supplementation Instructions

Insufficient fiber in the diet can lead to constipation which may result in the development of hemorrhoids and/or anal fissures. Increased fiber intake has been shown to reduce constipation by softening the stool and increasing the regularity of bowel movements.

Soluble fiber (such as Benefiber®) is easy to incorporate into your diet as it is tasteless and can be mixed with food or drink.

Begin with 1 tbsp once a day and then gradually increase to 1 tbsp 3 times a day over the period of a few days. Stir Benefiber® into 4-8 ounces of liquid (carbonated beverages are not recommended) or mix with soft food (hot or cold). Stir well until dissolved. Increase your fluid intake as necessary to ensure you are drinking 7-8 glasses of water every day. Supplemental fiber should be taken with meals for greatest benefit.

Many less-expensive generic versions of Benefiber® are available with similar active components (pictured below).



Wal-Mart



Walgreens



CVS



Sam's Club



Costco

