

# HyFiber® with FOS

Mild Citrus Flavor  
Clear Liquid



- Relief from constipation and hard stools without medication.

## FEATURES AND SPECIFICATIONS

Kcal/mL.....	0.66
<b>Caloric Distribution (% of kcal)</b>	
Protein .....	0%
Carbohydrate .....	100%
Fat.....	0%

**HCPCS Code:** B4104

**Appropriate for these diets:**

Lactose Free, Gluten Free,  
Low Residue, Low Fat, Low Sodium,  
Carbohydrate Controlled

Can be used orally or through feeding tube.

**Shelf Life:** 24 months

Works for clear liquid diets.

Can be taken orally from medicine cup or used to create fiber rich foods and beverages.

Reduces the chronic use of laxatives and stool softeners. *(Patients with Neurogenic bowel such as with spinal cord injury may still require bowel medications.)*

Does not affect the absorption of medications.

Not a sole source of nutrition.

**A Medical Food**

Use under medical supervision.

**NOT FOR PARENTERAL USE**

**Ordering information:**

Item Number	Case UPC	Billing Code	Packaging
18485 Mild Citrus	5-07-94688-18485-9	94688-0184-85	4/32 fl. oz. bottles
18490 Mild Citrus	5-07-94688-18490-3	94688-0184-90	100/1 fl. oz. packets

## FOR THE DIETARY MANAGEMENT OF CONSTIPATION

A colorless, citrus-flavored natural bulking agent that helps restore regularity and softer stool.<sup>20,21,33</sup>

Contains 12 g of soluble fiber per 30 mL.

- Does not affect absorption of medications.
- Ideal for fluid-restricted diets.
- Helps reduce polypharmacy.
- Formulated to provide nutrients for the dietary management of constipation without medication.
- Eliminates the urgent need to “go now” that result from some laxatives. Helps reduce toileting accidents.
- Helps reduce or eliminate the need for harsh bowel medications and stool softeners.

**Dosing and Administration**

**Oral:** Take 1 dose (30 mL) up to three times daily. Can also be mixed with any hot or cold beverage or soft food. **Tube Feeding:** Mix 1 packet with 30 mL of water. Administer slowly via syringe. Flush tube with 30 mL of water before and after administration. **Can be mixed with tube feeding formula.**

**Ingredients:** Water, Polydextrose, Fructo-oligosaccharides (FOS), Glycerin, Citric Acid, Potassium Sorbate (preservative).

**Storage:** HyFiber can be stored at room temperature. Does not require special storage conditions. Discard 3 months after opening.

### Nutrition Facts

**Serving Size: 1 Packet (30 mL)**

Amount Per Serving  
**Calories 20**

% Daily Values\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 1mg	<b>0%</b>
<b>Phosphorus</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 12g	<b>43%</b>
Total Sugars 0g	
Includes 0g Added Sugars	

**Protein** 0g

Vit. D 0mcg 0% • Calcium 0mg 0%  
Iron 0mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.