

Fiber-Stat Comparison Chart

	Fiber-Stat®	Benefiber®	LiquaFiber™	Clear to Go®	Hy-Fiber™	Citrucel®	Metamucil® Original
Supplier	Medical Nutrition USA, Inc.	Novartis Nutrition	Global Health Products, Inc.	ND Labs	National Nutrition, Inc.	Glaxo Smith Kline	P&G
Active ingredient	Polydextrose FOS Prune Juice Concentrate	Partially hydrolyzed guar gum	Maltodextrin	Maltodextrin Inulin	Polydextrose FOS	Methyl-Cellulose	Psyllium Husk
Action	Bulking Agent & Pre-biotic	Bulking Agent	Bulking Agent	Bulking Agent & Pre-biotic	Bulking Agent & Pre-biotic	Bulking Agent	Bulking agent
Form	Liquid	Powder	Liquid	Powder	Liquid	Powder	Powder
Package size	30 oz bottle 96 - 1 oz packets	7.2 oz can powder 75 - 4 gm packets	16.5 oz bottle	1 lb. jar	32 oz bottle 100 - 1 oz packets	16,20,or 50 oz.	19 oz (539 g)
# Servings / package	30 / bottle	51 / can	33 / bottle	N/A	32 / bottle		72
Dose/Serving Size	30 ml (1 oz or 2 tbsp.)	1 tbsp: mix with 2- 4 oz water or food	15 ml : Mix with 2 oz food or bev	1 tablespoon	15-30 ml (1-2 tbsp)	8 oz liquid	1 rounded tsp.
Fiber/g per serving	15 g / 30 ml	3 g / tbsp	5 g / 15 ml	7 g / tbsp	11 g / 30 ml	2 g	3.4
Calories/serving	30	16	24	30	18	60	25
Carbohydrate /g per serving	18.5	4	6	N/A	11	15 g	7
Sodium /mg per serving	15	15	15	trace	20	3 mg	5
Potassium/mg per serving	16	15	2.25	trace	0	105 mg	30
Phosphorus/mg per serving	6	??	5.25	N/A	0	N/A	N/A
Contra-Indications	Do not exceed 4 tbsp. daily	Not recommended for carbonated beverages	Do not exceed 5 servings daily	N/A	Do not exceed 6 tbsp daily	Intestinal obstruction, fecal impaction, known sensitivity to formula ingredients.	Choking, Allergy, ask doctor if pain, nausea, vomiting. Medication interaction precautions.
Interactions	None known	None known	None known	None known	None known	None known.	Medication
Number of doses recommended daily	2 tbsp. up to 2 times daily	1 tbsp 3 times daily	1 tbsp. up to 5 times daily	3 servings	1-2 tbsp. up to 4 times daily	19 g up to 3 x daily	3 times daily.
# servings daily to meet RDI	1.66	10	6	4.5	3	15	9