

Fiber-Stat Comparison Chart

	Fiber-Stat®	Benefiber®	LiquaFiber™	Clear to Go®	Hy-Fiber™
Supplier	Medical Nutrition USA, Inc.	Novartis Nutrition	Global Health Products, Inc.	ND Labs	National Nutrition, Inc.
Active ingredient	Polydextrose FOS Prune Juice Concentrate	Partially hydrolyzed guar gum	Maltodextrin	Maltodextrin Inulin	Polydextrose FOS
Action	Bulking Agent & Pre-biotic	Bulking Agent	Bulking Agent	Bulking Agent & Pre-biotic	Bulking Agent & Pre-biotic
Form	Liquid	Powder	Liquid	Powder	Liquid
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
# Servings / package	30 / bottle	51 / can	33 / bottle	N/A	32 / bottle
Dose/Serving Size	30 ml (1 oz or 2 tbsp.)	1 tbsp mix with 2- 4 oz water or food	15 ml (1/2 oz or 1 tbsp) mix with 2 oz food or bev	1 tablespoon	15-30 ml (1-2 tbsp)
Fiber/g per serving	15 g / 30 ml	3 g / tbsp	5 g / 15 ml	7 g / tbsp	11 g / 30 ml
Calories/serving	24	16	24	30	18
Carbohydrate /g per serving	18	4	6	N/A	11
Sodium /mg per serving	14.5	15	15	trace	20
Potassium/mg per serving	16.2	15	2.25	trace	0
Phosphorus/mg per serving	5.9	??	5.25	N/A	0
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
Interactions	None known	None known	None known	None known	None known
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
# servings daily to meet RDI	1.66	10	6	4.5	3