

ANTHONY ROBBINS INNER BALANCE™ LIFE BALANCE PACK

Inner Clear

HOW IT WORKS

A concentrated source of soluble fiber derived from natural fruit, vegetables and grain, Inner Clear helps control hunger between meals while preventing gastrointestinal disturbances and cleansing the lower bowels in a natural, healthy way. The natural fiber in Inner Clear helps regulate blood sugar and may lower cholesterol and improve the absorption of essential minerals.

Inner Clear:

- Helps maintain normal gastrointestinal function
- Helps establish regularity
- Helps promote fullness
- Provides an essential nutrient often missing in typical diets

WHY YOU NEED IT

The Western diet does not contain enough fiber. Adults require about 25 grams per day, but we typically eat less than half of that. A long time ago, fiber-rich fruits, vegetables and grains were commonly consumed, but today they are not—or at least not in the proper form. Today, most people consume more grain-based products from highly refined and processed ingredients than whole grains containing fiber.

Fiber is extremely important for several reasons. First, it makes you feel full. In fact, many experts attribute the obesity epidemic to lack of fiber in the average diet. The danger of eating a low-fiber diet is that it prompts you to eat too many calories without ever feeling full.

Second, fiber—especially the soluble kind found in Inner Clear—serves as food for the good bacteria in the large intestine; it acts as a prebiotic. The good bacteria in the large intestine help prevent gastrointestinal disturbances and keep your immune system strong. If these bacteria are not fed a steady source of soluble fiber, you'll experience side effects like gas, bloating, minor pains, and upset stomach. By supplying fiber for the bacteria in your colon, Inner Clear will keep you regular.

Third, fiber helps regulate blood sugar and may even lower cholesterol levels. Some have also suggested that Inner Clear may help improve the absorption of essential minerals like calcium and iron.

PRODUCT DESCRIPTION

One-month supply of Inner Clear capsules

INSTRUCTIONS FOR USE

Daily serving: Three capsules with at least 8 ounces of water or a non-caloric beverage once daily. Inner Clear can be taken with meals or in between meals.

Inner Clear is part of the Life Balance Pack and not sold individually.

Price: Life Balance Pack \$199.99

To order visit TonyRobbins.com/InnerBalance
Toll Free: **1.877.464.4733**

Supplement Facts		
Serving Size: 3 Capsules		
Servings Per Container: 30		
Amount Per Serving	% DV	
Calories	10	
Total Carbohydrate	2 g	1%*
Dietary Fiber	2 g	8%*
Soluble Fiber	2 g	†
Vitamin C (as ascorbic acid)	60 mg	100%
Fiber Blend Concentrate (Psyllium seed husk, guar gum, apple pectin)	2221 mg	†
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		
† Daily Value (DV) not established.		

OTHER INGREDIENTS: Pullulan, purified water, medium chain triglycerides, croscarmellose sodium.

DIRECTIONS: As a dietary supplement, take three vegetarian capsules daily with a 16 oz. glass of water, preferably with an evening meal.

