



**Regular Girl On-The-Go**



**Regular Girl Powder**



**Regular Girl Starter Kit -**  
with reusable BPA free water bottle (\$9.99 value)



**Olly Probiotic Smoothie**



**Culturelle Kids Regularity Gentle-Go Formula**



**Nature Made Digestive Probiotics Daily Balance Capsules**



**Align Extra Strength Probiotic Supplement**



**Metamucil Psyllium Orange Sugar-Free**



**Citrucel Methylcellulose Fiber Therapy for Regularity - Orange Flavor**

<b>Product</b>	Probiotic/fiber blend	Probiotic/fiber blend	Probiotic/fiber blend	Probiotic/fiber blend	Probiotic/fiber blend	Probiotic	Probiotic	Fiber	Fiber
<b>Company</b>	Regular Girl	Regular Girl	Regular Girl	Olly	Culturelle	Nature Made	Align	Metamucil	Citrucel
<b>Format</b>	Powder - stick pack	Powder	Powder - stick pack	Smoothie Powder	Powder - stick pack	Capsules	Capsules	Stick packs	Powder
<b>Servings</b>	30	30	15	15	24	30	21	44	24
<b>Cost</b>	\$34.99	\$29.99	\$19.99	\$29.99	\$21.99	\$18.99	\$26.99	\$18.99	\$9.99
<b>Cost per serving</b>	\$1.17	\$1.00	\$1.33	\$2.00	\$0.92	\$0.63	\$1.29	\$0.43	\$0.42
<b>Fiber source</b>	Sunfiber	Sunfiber	Sunfiber	Cassava root, apple fiber - insoluble	Inulin (chicory root)	None	None	Psyllium husk	Methylcellulose Fiber
<b>Fiber content</b>	5 g	5 g	5 g	5 g	3.5 g	N/A	N/A	3 g	2 g
<b>FDA fiber compliant*</b>	Yes	Yes	Yes	No	No	N/A	N/A	Yes	Yes
<b>Cost per gram of fiber</b>	\$0.23	\$0.20	\$0.27	\$0.40	\$0.26	N/A	N/A	\$0.14	\$0.21
<b>Probiotic source</b>	Bifidobacterium lactis	Bifidobacterium lactis	Bifidobacterium lactis	Bacillus coagulans	Lactobacillus rhamnosus GG	Lactobacillus Plantarum 299v	Bifidobacterium 35624 TM	None	None
<b>Probiotic content</b>	8.0 billion cfu	8.0 billion cfu	8.0 billion cfu	1 billion cfu	2.5 billion cfu	10 billion cfu	5 billion cfu	N/A	N/A
<b>Cost per billion cfu</b>	\$0.15	\$0.12	\$0.17	\$2.00	\$0.37	\$0.06	\$0.26	N/A	N/A
<b>Calories</b>	10	10	10	170	20	Not listed	Not listed	20	60
<b>Flavors</b>	No, tasteless	No, tasteless	No, tasteless	Yes	No, tasteless	No, tasteless	No, tasteless	Yes	Yes
<b>Colors</b>	No, colorless	No, colorless	No, colorless	Yes	No, colorless	No, colorless	Yes	Yes	Yes
<b>Sweeteners</b>	No	No	No	Yes	Yes - sucrose	No	Yes - sucrose	Yes - aspartame	Yes - sucrose
<b>Gluten</b>	0 ppm	0 ppm	0 ppm	No	No	No	No	<20 ppm	No
<b>Allergen</b>	None	None	None	Ingredient: coconut Facility: eggs peanuts tree nuts, milk, fish, shellfish and wheat	Facility: dairy	Soy	Dairy	Psyllium	None
<b>GMO</b>	Non-GMO Project Verified	Non-GMO Project Verified	Non-GMO Project Verified	Non-GMO	Not listed	Not listed	Not listed	Not listed	Not listed
<b>Non-fermentable</b>	Monash University Low FODMAP Certified™	Monash University Low FODMAP Certified™	Monash University Low FODMAP Certified™	Not listed	Not listed	Not listed	Not listed	Not listed	Yes
<b>USDA Certified Organic</b>	Yes	Yes	Yes	No	No	No	No	No	No
<b>Other ingredients</b>	None	None	None	Sugar, stevia, flavors, colors, salt, citric acid, gums	Inulin, kiwi fruit powder, silicon dioxide, sucrose, maltodextrin, sodium ascorbate	Potato starch, hypromellose, magnesium stearate	Microcrystalline cellulose, hypromellose, sucrose, magnesium stearate, sodium caseinate, titanium dioxide, trisodium citrate dihydrate, propyl gallate, gellan gum	Maltodextrin, citric acid, natural and artificial orange flavor, aspartame, Yellow 6	Citric acid, dibasic calcium phosphate, FD&C Yellow #6 lake, maltodextrin, orange flavors (natural & artificial), potassium citrate, riboflavin, sucrose, titanium dioxide, tricalcium phosphate

\*At time of creation, based on U.S. Food and Drug Administration: Revision of the Nutrition and Supplement Fact Labels. May 2016