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In the battle against your cravings, you know who usually wins: it's the brownie, or the ice cream, or the chips. We have a secret weapon: Crave. Crave tastes like citrus candy. Just pop some in your mouth and your cravings are history!

Crave is full of the important fiber that you need every day to stay healthy. It can also help you feel full and stave off your desire for sweets and fatty foods. With more fiber and less fructose than an apple, Crave is amazing! Use in conjunction with the other Liv International products.



**DIRECTIONS:** Take a packet of Crave with lunch and dinner and between meals as needed to curb hunger feelings. Crave can also be added to yogurt or cottage cheese for a tasty snack. Crave is safe for adults and children.

<b>Supplement Facts</b>	
Serving Size: 1 stick pack (10 g)	
Servings Per Container: 30	
Amount per serving	
Calories	35
Carbohydrates (g)	9g
Dietary Fiber	5g
Soluble Fiber	4g
Sugars	2g
Proprietary Fiber Blend	6.2g
Fibersol™	
Citrus Pectin	
Guar Gum	
Inulin	
<b>OTHER INGREDIENTS: Fructose, Xylitol, Malic Acid, Natural Flavors, Stevia extract</b>	

Choking Warning: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.