



**FiberChoice® “Choices for Better Health” Sweepstakes
Radio News Release**

HOST: A busy lifestyle doesn't mean sacrificing healthy choices! I'm Rise Jill Miller.

There are many simple ways to help defend your health every day that can have a big impact on your overall well being.

Leading nutrition expert Doctor Susan Mitchell encourages Americans to make small, smart choices that have big health benefits.

DR. MITCHELL: Making healthy decisions can seem overwhelming, but it's important to recognize that even the smallest of choices can have a big impact on your health. One healthy commitment many Americans don't currently make is to get enough fiber in their diets.

A prebiotic fiber supplement like FiberChoice® is an easy way to close the gap between the fiber you get from food and the fiber you need. I'm encouraging Americans to share their small, smart choices through the “Choices for Better Health” sweepstakes.

HOST: From now until May 19th, Tweet your healthy choices for a chance to win wellness giveaways everyday – including a spa vacation! To enter, visit [fiber choice dot com](http://fiberchoice.com) or tweet them at FiberChoice with your healthy choice using hashtag MYCHOICE and @reply FiberChoice.

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