

ITEM #1891
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Pure Konjac Root Glucomannan 500 mg

Supports Cholesterol Health*

Dietary Supplement

90 CAPSULES



ACTUAL SIZE

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 45

Amount Per Serving	%Daily Value
Calories	5
Total Carbohydrate	1 g <1%**
Dietary Fiber	<1 g 4%**
Soluble Fiber	<1 g ***
Glucomannan (Konjac Root)	1,000 mg (1 g) ***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Other Ingredients: Vegetable Cellulose, Gelatin, Vegetable Magnesium Stearate.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Corn, No Grapefruit, No Fish, No Sweetener, No Sugar, No Starch, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Directions: For adults, take two (2) capsules with at least 8 ounces of water or other fluid, 30 to 60 minutes before each meal and one snack, four times per day. Taking this product without enough liquid may cause choking. Do not take immediately before going to bed.

Glucomannan is specifically designed to be used with your reduced calorie diet and daily exercise plan. It is a popular addition to all types of nutritional programs. Glucomannan helps maintain cholesterol levels already within a normal range.*

NOTE: Glucomannan can affect the absorption of many medications. Do not take this product within 2 hours of taking medications or follow the advice of your health care provider.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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