

ITEM #1891  
B1890 08G



# Pure Konjac Root Glucomannan 500 mg

**Supports Cholesterol Health\***

ACTUAL SIZE

Dietary Supplement  
**90 CAPSULES**



## 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.

Manufactured by Good 'N Natural, Bohemia, NY 11716 USA  
800-544-0095 [www.GOODNNATURAL.com](http://www.GOODNNATURAL.com) © 2011 Good 'N Natural