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# Chitosan

Natural Marine Fiber

500 mg

Use as part of your diet program  
Promotes A Feeling of Fullness\*

Dietary Supplement

120 TABLETS



ACTUAL  
SIZE

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 60

Amount Per Serving	%Daily Value
Total Carbohydrate	1 g <1%**
Dietary Fiber	1 g 4%**
Calcium	200 mg 20%
Phosphorus	155 mg 16%
Chitosan	1,000 mg (1 g) ***

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

\*\*\*Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Hypromellose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate.

Contains shellfish (crab) ingredients.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Corn, No Grapefruit, 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) tablets three times daily, 30-60 minutes before breakfast, lunch and dinner with 8 ounces of water.

Chitosan is a dietary fiber, derived from crustacean shell. Fiber promotes a feeling of fullness, and Chitosan contributes to daily fiber intake.\* Use this product as an addition to your reduced-calorie diet and daily exercise program.

It is important to drink at least 6-8 cups of water daily when increasing your fiber intake.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Manufactured by Good 'N Natural®, Bohemia, NY 11716 USA  
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