

CODE 4710 VI



Made in the U.S.A. www.nowfoods.com

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

Guar Gum, a source of dietary fiber, is derived from the Guar Bean. **Caution:** Take this product as recommended. Without drinking enough liquid the product may swell in the throat, causing blockage or choking. Avoid use if you have ever had esophageal narrowing, or swallowing difficulties. Seek immediate medical help if symptoms of esophageal blockage (chest pain/pressure, regurgitation or difficulty swallowing) occur.

SUGGESTED USAGE: As a dietary supplement, take 2 capsules with 8-12 oz. of water or juice preferably 15-30 minutes before lunch and dinner.



Guar Gum

NUTRITIONAL SUPPORT

700 mg

120 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	5**	
Total Carbohydrate	1.0 g	<1%*
Dietary Fiber	1.0 g	4%*
Guar Gum Powder	1.4g (1400 mg)	†

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

† Daily Value not established.

** Since the soluble fiber is not absorbed, no calories are contributed to the diet.

Other ingredients: Gelatin (capsule), Silica and Magnesium Stearate (vegetable source).
Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.