

CAPSULE SIZE

7 33739 06512 4

CODE 6512 V2

**SUGGESTED USAGE:** As a dietary supplement, take 3 capsules daily with at least 8 oz. of water 30 - 45 minutes before a meal. Glucomannan is a soluble, bulk-forming fiber derived from Konjac Root (*Amorphophallus konjac*). Clinical studies have demonstrated that Glucomannan can provide temporary relief of constipation and may help to maintain serum lipid levels already within the healthy range. In addition, because Glucomannan helps to promote satiety (feeling of fullness), it can be an effective addition to a weight management plan that includes a healthy diet and exercise program.\*

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

**Caution:** For adults only. Take this product as recommended. Without drinking enough liquid the product may swell in the throat, causing blockage or choking. Avoid use if you ever had esophageal narrowing or swallowing difficulties. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

**Do Not Eat Freshness Packet. Keep in Bottle.**

**Store in a cool, dry place. Please Recycle.**



# Glucomannan

HEALTHY WEIGHT MANAGEMENT

**575 mg - from Konjac Root**

- Supports Healthy Cholesterol Levels
- Promotes Feeling of Fullness
- Supports Regularity\*

**180 Capsules**

A Dietary Supplement



## Supplement Facts

Serving Size 3 Capsules	Calories	Amount Per Serving	% Daily Value
Total Carbohydrate	2 g	2 g	< 1%*
<b>Glucomannan (from Konjac Root) (<i>Amorphophallus konjac</i>)</b>	<b>1.725 g (1,725 mg)</b>	<b>2 g</b>	<b>8%*</b>

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Gelatin (capsule), Silica and Magnesium Stearate (vegetable source).

**Made in the U.S.A.** Manufactured by NOW FOODS  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108

For more product information visit [www.nowfoods.com/6512](http://www.nowfoods.com/6512)

† Fiber is not digested, therefore this product has no caloric effect.