

CAPSULE SIZE



CODE 6512 V2

Store in a cool, dry place. Please Recycle.

Do Not Eat Freshness Packet. Keep in Bottle.

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.

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

Glucosamine is a soluble, bulk-forming fiber derived from Konjac Root

(*Amorphophallus konjac*). Clinical studies have demonstrated that Glucosamine can provide temporary relief of constipation and may help to maintain serum lipid levels already within the healthy range. In addition, because Glucosamine 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.*

SUGGESTED USAGE: As a dietary supplement, take 3 capsules daily with at least 8 oz. of water 30 - 45 minutes before a meal.

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 Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2 g	< 1%*
Dietary Fiber††	2 g	8%*
Glucomannan (from Konjac Root) (<i>Amorphophallus konjac</i>)	1.725 g (1,725 mg)	†

* 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

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For more product information visit www.nowfoods.com/6512

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