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CODE 6513 V2

SUGGESTED USAGE: As a dietary supplement, take 1/2 level teaspoon (2 g) 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 Food and Drug Administration. 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.

Caution: Do Not Eat Freshness Packet Enclosed.

Store in a cool, dry place after opening. Please Recycle.

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now® Glucomannan 100% Pure Powder

HEALTHY WEIGHT MANAGEMENT

from Konjac Root

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

Net Wt. 8 oz. (227 g)

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1/2 Level Teaspoon (2 g)

Servings Per Container about 114

Calories	Amount Per Serving	% Daily Value Per Serving	Calories	Amount Per Serving	% Daily Value Per Serving
5	2 g	< 1%*	5	2 g	< 1%*
0	Dietary Fiber††	8 g	0	Dietary Fiber††	8 g

**Glucomannan
(from Konjac Root) (*Amorphophallus konjac*)** †

Other ingredients: None
* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

This product is sold by weight not volume.
†† Fiber is not digestible therefore this product has no caloric effect.
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For more product information visit www.nowfoods.com/6513
The product is sold by weight not volume.
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