



SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969

**Fiber Dense
Glucomannan
(Konjac Root)**
Herbal Supplement

90 capsules • 700 mg



- DO NOT USE IF SEAL IS BROKEN.
- STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one capsule with a full glass of water before each meal. For maximum benefit, take up to two capsules before each meal.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Glucomannan

(from *Amorphophallus konjac*) (tubers)

700 mg*

*Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, rice flour.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148

or visit our website at www.swansonvitamins.com



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