Chitosan

Chitosan is a dietary fiber derived from chitin, a polysaccharide derived from the shells of crustaceans.

Suggested Use

As a dietary supplement, 2 capsules with 8 ounces of water thirty to forty minutes prior to one or two meals per day, or as directed by a healthcare practitioner.

WARNING: A high quality essential fatty acid supplement such as flax seed oil, along with ample fat soluble vitamins A, D, E, and K should be taken at a meal apart from Chitosan supplementation. Avoid this product if you are allergic to shellfish, pregnant or lactating. Not recommended for children or teenagers.

Anyone under medical care for degenerative conditions, or using medications, should consult a healthcare professional before using Chitosan. Avoid this product if you areallergic to shell fish, pregnant or lactating. Not recommended for children.

Keep in a cool, dry place, tightly capped.

Not labeled for sale in California.

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AllergyResearchGroup®

Chitosan

A Natural Dietary Fiber

dietary supplement

90 vegetarian capsules

Supplement Facts

Serving Size		2 Capsules
Servings Per Container		45
Amount Per Serving		
Calories		5
		% Daily Value*
Total Carbohydrates	1 g	<1%
Dietary Fiber	1 g	4%
Chitosan (shrimp, crab, lobster)	1 g	†

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

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-Leucine.

Formulated exclusively for Allergy Research Group®
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