

Chitosan

Chitosan is an indigestible dietary fiber, and may reduce the time it takes for foods to pass through the digestive system and out of the body. Chitosan is derived from chitin, a polysaccharide derived from the shells of crustaceans.

Suggested Use

As a dietary supplement, take 2 capsules with 8 oz of water 30 to 40 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 supplemental fat soluble nutrients Vitamins A, D, E, and K should be taken apart from Chitosan supplementation. Drink at least 64 oz., or 8 full glasses of pure water a day.

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

Keep in a cool, dry place, tightly capped.



Allergy Research Group

Chitosan

A Natural Powerful 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®

Ann Arbor, MI 48102

www.allergyresearchgroup.com