

Suggested Use: 4 capsules 1/2 hour before lunch and 4 capsules 1/2 hour before dinner with 8 ounces of liquid. Drink at least 8 glasses of fluid daily. For best results, take this product in conjunction with the enclosed Maximum Metabolism Weight Loss Plan™ and a multiple vitamin such as Source Naturals Life Force™.

CAUTION: If you are pregnant, may become pregnant, breastfeeding, allergic to shellfish or taking any medication, consult your health care professional before using this product. Fat-soluble vitamins (A, E, D or K), essential fatty acids or medications should be taken 4 hours before or after ingesting chitosan to ensure absorption. Take this product with large amounts of fluid. If you do not drink enough liquid, the product may cause constipation. Discontinue use if intestinal discomfort or constipation occurs.

STORE IN A COOL, DRY PLACE.

Contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, preservatives, or artificial color, flavor or fragrance.

***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.**

SN0912 REV K182

SOURCE  NATURALS®



250 mg

Breakthrough
Fiber*

Dietary
Supplement

Diet
Chitosan™
240 CAPSULES

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 60

Amount Per Serving	%DV	
Calories	10	
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Chitosan	1 g	†
(minimum 80% deacetylated chitin)		

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

Other ingredients: microcrystalline cellulose, gelatin (capsule), magnesium stearate, and silica.

Contains shellfish (shrimp, crab & lobster).

Chitosan, a fiber derived from chitin in shellfish, is a nondigestible amino-polysaccharide. Chitosan is produced by removing acetyl groups from chitin, through a process called deacetylation. This process enhances the activity of chitosan by improving its solubility in the acidic environment of the stomach. When taken in conjunction with the Maximum Metabolism Weight Loss Plan™, body fat may be reduced.*

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Manufactured for:
© SOURCE NATURALS, INC.
P.O. BOX 2118
SANTA CRUZ, CA 95062
www.sourcenaturals.com

