

**Suggested Use:** 2 capsules 1/2 hour before lunch and 2 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.

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

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.**

SN1022 REV G181

SOURCE  NATURALS®

500 mg

Breakthrough  
Fiber

Dietary  
Supplement

**Diet** **Chitosan**™  
60 CAPSULES

## Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

|                                   | Amount Per Serving | %DV  |
|-----------------------------------|--------------------|------|
| Calories                          | 5                  |      |
| 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 (crab, shrimp, and lobster).**

Chitosan, a fiber derived from chitin in shellfish, is a nondigestible aminopolysaccharide. Chitosan is synthesized 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.\*

STORE IN A COOL, DRY PLACE.

Manufactured for:  
© SOURCE NATURALS, INC.  
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