



Natural
Konjac Fiber

Glucomannan

500 MG | 100 CAPSULES
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Serving	% Daily Value
Glucomannan Powder (<i>Amorphophallus konjac</i> K. Koch) (tubers)	500 mg *

* Daily Value (DV) is not established.

Other Ingredients: Gelatin (Capsule), Magnesium Stearate, Silicon Dioxide

Directions: As a dietary supplement, take one (1) capsule before a meal with 8 oz. of juice or water, or as directed by a health care professional.

Free Of: Corn, Soy, Yeast, Wheat, Milk, Eggs, Artificial Color, Flavor, Sweeteners & Preservatives. NON-GMO

Caution: Pregnant or lactating women should consult a doctor before use. If you are under medical supervision, please consult a doctor before use. Discontinue use and consult a doctor if any adverse reactions occur. Please consult your physician prior to beginning any exercise or weight loss program.

Keep out of reach of children.
Store in a cool, dry place.

Laboratory Tested And Manufactured For:
TOTAL NUTRITION, INC. • FARMINGDALE, NY 11735 USA

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Rev 1/19