

Konjac Glucomannan is a water-soluble polysaccharide with hygroscopic properties and is considered a dietary fiber. The dry powder swells into bulky fiber in water, absorbing up to 50 times its weight while in water. Glucomannan's principal use is as a bulking agent to promote the feeling of fullness or satiety, thereby helping to manage food intake. Glucomannan might work in the stomach and intestines by absorbing water to form a bulky fiber which treats constipation.*

CAUTION: For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Keep out of the reach of children.

Do not use if safety seal is broken or missing.

Keep in cool, dry place.

*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.



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NOVA[®]
NUTRITIONS

Konjac Root Glucomannan

Supports Weight Management
& Healthy Cholesterol Level*

**2000
mg / serving**

**8 OZ
(227 Gram)**

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1/2 Level Teaspoon (2 g)

Serving Per Container: 57

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrates	2 g	<1%†
Dietary Fiber	2 g	7%†
Konjac Root (Glucomannan) (Amorphophallus Konjac)	2.0 g (2,000 mg)	**

** Daily Value not established.

† Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: None.

SUGGESTED USE: As a Dietary supplement, take 1/2 level teaspoon (2 g) one to two times daily with at least 8 oz of water 30-45 minutes before a meal, or as directed by your qualified healthcare professional.

FREE OF: Artificial Color, Preservatives, Sugar, Starch, Milk, Corn, Gluten, Wheat, Yeast, Fish.

Manufactured for Nova Nutritions,
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Lot# Exp:

