



Guar Gum

Derived from *Cyamopsis tetragonolobus*

Warning: Must be taken with at least 8 ounces of liquid to reduce the risk of choking or intestinal blockage.

Avoid use if you have a history of difficulty swallowing. Seek immediate medical attention for breathing difficulties, swelling, or pain.

Storage: Keep dry, cool & dark.

250g (8.82oz)

Lot Number: 20130124

Date of manufacture Jan 24 2013

Supplement Facts

Serving Size 1500 milligrams

Servings per container: about 166

Amount Per Serving	% Daily Value**
Calories: 5	
Total Carbohydrates 1500 mg	1%
Dietary fiber 1500 mg	6%
Guar Gum 1500 mg	

* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: None

Free of: sugar, soy, dairy, yeast, gluten, corn and additives.

Directions: As a dietary supplement, start with 1500 mg (1/2 tsp) taken one to three times daily, 15-30 minutes before a meal, with at least 8 ounces of water (or as directed by physician). Drink immediately.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/4 teaspoon	820
1/2 teaspoon	1641
1 teaspoon	3283

Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of reach of children.

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.