

Herbal Secrets® Konjac Root is an all-natural dietary supplement that is highly rich in vitamins, minerals and fiber while being low in calories.* Glucomannan, a water soluble dietary fiber with extraordinary water-holding capacity is derived from konjac root. Glucomannan may offer benefits for those seeking to lose weight by creating a feeling of satiety or fullness through its water-binding effects.* Konjac Root also supports digestive health, helps to slow glucose absorption, and promote regular bowel movements.*

DRINK IT: Mix the desired amount of Konjac Root Powder to your favorite smoothies or other beverages for an instant energy boost.

EAT IT: Add Konjac Root Powder to your sauces, baked goods, snacks and favorite dishes as a hearty and wholesome additional ingredient.

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.



- Free of GMOs
- Allergen Free
- Promotes Feelings of Satiety/Fullness*
- Supports Digestive Health*
- Promotes Regularity*




**HERBAL
SECRETS**

NATURAL DIETARY SUPPLEMENT

Konjac Root Powder

Healthy Weight Management*



16 OZ

1 lb

Nutrition Facts

	Serving Size: 1/2 Level Teaspoon (2 g)	Serving Per Container: 228
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2 g	<1%†
Dietary Fiber	2 g	8%†
Glucomannan (from Konjac Root) (<i>Amorphophallus konjac</i>)	2.0 (2,000 mg)	**

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

** % Daily Value not established.

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

CAUTION: For adults only. Take this product as recommended. Without drinking enough liquid the product may swell in the throat, causing blockage or choking. Avoid use if you ever had esophageal narrowing or swallowing difficulties. Consult physician if pregnant/nursing, taking medication, or have a medical condition.

CONTAINS NO: Artificial Color, Flavor or Sweetener, Preservatives, Sugar, Starch, Milk, Lactose, Soy, Gluten, Wheat, Yeast, Fish or Sodium


**HERBAL
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