

Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®



Glucomannan (*Amorphophallus konjac*) is a dietary fiber source from the root of the konjac plant.

It is an excellent addition to a sensible weight loss program.

Notice: This product should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty swallowing.

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Glucomannan root is carefully grown, tested and produced to certified quality standards.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.

UPPER MERIDIAN
PRODUCTS



Nature's Fiber®

Actual Capsule Size

PREMIUM

Nature's
Way

HERBAL

Glucomannan

Root



180 Vcaps* / Certified 665 mg

DIETARY SUPPLEMENT

Recommendation: Take 3 capsules with a full glass of water approximately 20 minutes before mealtime.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 60

Amount Per Serving		% Daily Value
Calories	5	
Total Carbohydrate	2 g	<1%†
Dietary Fiber	2 g	8%†
Calcium	20 mg	2%
Potassium	50 mg	1%
Glucomannan (root)	1.99 g (1,995 mg)	**

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

**Daily Value not established.

Other ingredients: Plant-derived capsule, Magnesium stearate

Vcaps® is a trademark of Capugel.

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