

Glucomannan is a calorie free dietary fiber source obtained from the root of the konjac plant. Glucomannan is a water-soluble polysaccharide with hygroscopic properties and is considered a dietary fiber.† Certain research publications indicate that it may help support the following:

- Supports appetite control and healthy weight management.†
- Supports healthy cholesterol levels.†
- Supports digestive health.†
- Supports healthy blood sugar levels.†

**SUGGESTED USE:** As a dietary supplement, take three (3) capsules daily with at least 8 oz of water 30-45 minutes before a meal, or as directed by your qualified healthcare professional.

**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.

 **MADE IN USA**



**Best Naturals®**

# Konjac Root Glucomannan

*Premium Formula*



**2000 mg** Per Serving  
*3rd Party Lab Tested*

180 Vegetarian Capsules

**DIETARY SUPPLEMENT**

## Supplement Facts

Serving Size: 3 Vegetarian Capsules  
Servings Per Container: 60

|                                                                | Amount Per Serving | %DV* |
|----------------------------------------------------------------|--------------------|------|
| Konjac Root (Glucomannan)<br>(from Amorphophallus Konjac Root) | 2000 mg            | **   |
| *%Daily Value ** Daily Value not established.                  |                    |      |

**Other Ingredients:** Capsule (vegetable cellulose), Silicon Dioxide, Magnesium Stearate (vegetable source), Microcrystalline Cellulose.

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

*No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Corn, No Soy, No Egg, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.*

Manufactured for Best Naturals,  
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For additional information call 1-877-659-6004

Lot#

Exp#

