

USAGE: Take 1 capsule 20-30 minutes before carbohydrate-containing meals or as directed by your qualified health care consultant. For large meals, a second capsule can be taken.[†]

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, hypoglycemic, diabetic, under the age of 18, or taking medications, consult your health care practitioner before using this product.

CarbTame™ contains InSea^{2®} brown seaweed extract. InSea^{2®} inhibits both *alpha*-amylase and *alpha*-glucosidase activity in carbohydrate digestion, including the breakdown of sucrose, which then reduces carbohydrate absorption.* A clinical trial published in 2011 in the journal *Applied Physiology, Nutrition, and Metabolism* found that the ingestion of 500 mg InSea^{2®} supported a healthy glycemic response in healthy volunteers consuming 50 g of carbohydrate in the form of white bread.*†

Keep out of the 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.

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Jarrow FORMULAS®

Lot #. Best Used Before:

Superior Nutrition and Formulation™

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CarbTame™

Moderates
THE
DIGESTION
OF
CARBOHYDRATES*

InSea²®

60 Vegetarian Capsules
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule Servings Per Container 60

Amount Per Serving		% DV
InSea ^{2®}	250 mg	*
(Deminerlized polyphenols from <i>Ascophyllum nodosum</i> and <i>Fucus vesiculosus</i>)		

* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.

InSea^{2®} is a registered trademark of innoVactiv Inc.

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