



DIETARY SUPPLEMENT

90 TABLETS

Directions for use: With each meal, take one tablet with 8 fl oz of water. Take this product with at least 8 fl oz (a full glass) of water or other fluid. Taking this product without enough liquid may cause choking. See choking warning.

Warning: If you are currently taking warfarin (Coumadin), other antiplatelet/anticoagulant medication, or medication used to control blood sugar, consult your healthcare provider before using this product. Due to the fiber content in this product, if you have scleroderma (systemic sclerosis) or any disorder of the esophagus, consult your healthcare provider before using this product. If you are currently using any other prescription drugs or have an ongoing medical condition, consult your healthcare provider before using this product. If you are pregnant or breastfeeding, do not use this product. This product is not intended for people who have low blood sugar levels.

KEEP OUT OF THE REACH OF CHILDREN. Store tightly sealed in a cool, dry location and protect from light. Do not use if the safety seal is broken or missing.

Choking: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

REV 0522



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Lot #

Best when used by:

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 90

	Amount Per Serving	% Daily Value
Calcium (as dicalcium phosphate)	55 mg	4%
Biotin (as D-biotin)	1,300 mcg	4,333%
Magnesium (as magnesium oxide)	65 mg	15%
Zinc (as zinc gluconate)	2.5 mg	23%
Chromium (as chromium polynicotinate)	67 mcg	191%
Glucomannan	400 mg	*
Alpha-Lipoic Acid	200 mg	*
<i>Gymnema sylvestre</i> Extract (leaf)	133 mg	*
American Ginseng Extract (root)	33 mg	*
Vanadium (as amino acid chelate)	15 mcg	*

*Daily Value not established.

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, stearic acid, film coat (hypromellose, polyethylene glycol, hydroxypropyl cellulose), soy polysaccharides, magnesium stearate, silica.

Contains: Soy.

Manufactured for and distributed by:
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310A6630901

