

**DIRECTIONS: FOR ADULTS, TAKE THREE (3) CAPSULES TWO TIMES A DAY, PREFERABLY WITH MEALS.** Take this product with at least 8 ounces of water or other fluid. Taking this product without enough liquid may cause choking. Do not take immediately before going to bed. As a reminder, discuss the supplements and medications you take with your health care providers.

## Supplement Facts

Serving Size 3 Capsules  
Servings Per Container 30

Amount Per Serving		%Daily Value
Calories	15	
Total Carbohydrate	3 g	1%**
Dietary Fiber	3 g	11%**
Soluble Fiber	3 g	***
Glucomannan (Konjac Root)	3,000 mg (3 g)	***

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

\*\*\*Daily Value not established.

Other Ingredients: Gelatin, Vegetable Magnesium Stearate.

Questions? Call toll free 1-888-VITAHHELP (848-2435)  
or visit us at [www.sundownnaturals.com](http://www.sundownnaturals.com)

Manufactured by REXALL SUNDOWN, INC.  
Boca Raton, FL 33487 USA

**Sundown**  
*Naturals*<sup>®</sup>

# GLUCOMANNAN Konjac Root

**1000 MG** A Good Source  
of Fiber

**Supports  
Digestive Health\***

**90 CAPSULES** DIETARY SUPPLEMENT

### Smart Facts

Glucomannan is a natural fiber derived from konjac root. Fiber is an important part of a healthy diet and can help maintain the healthy functioning of the GI tract.\* In addition, a high fiber diet helps maintain cholesterol levels that are already within the normal range.\*

\*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.

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

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

**NOTE:** Fiber products can affect the absorption of many medications. Do not take this product within 2 hours of taking medications or follow the advice of your health care provider.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.



Prod. No. 50354



01A B36120  
BAB ©2012

