

swanson.com

or call 1-800-437-4148

- Supports bowel regularity
- Assists with occasional constipation
- Supports healthy blood sugar balance

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule with a full glass of water before each meal. For maximum benefit, take up to two capsules before each meal.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children. Do not use if seal is broken. Store in a 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.



Glucomannan

Digestive Health

665 mg per capsule

KONJAC ROOT

HERBAL SUPPLEMENT | 90 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Glucomannan	665 mg*
(from Amorphophallus konjac) (tubers)	

*Daily Value not established.

Other ingredients: Gelatin, rice flour, magnesium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
 Fargo, ND 58104 USA • 1-800-437-4148

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