

swanson.com

or call 1-800-437-4148

- Total wellness for mind, body & home
- Unsurpassed purity & potency
- 100% money back guaranteed

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two capsules before each meal with a full 8-ounce glass of water or as recommended by your healthcare provider.

Chromax® is a registered trademark of Nutrition 21 and is licensed under U.S. patents #5,087,623; #5,087,624; and #5,175,156.

LipoSan ULTRA® is a registered trademark of Primex ehf.

WARNING: For adults only. Consult your healthcare provider before use if you are pregnant, nursing or taking prescription medications, especially medications that affect blood sugar levels. Because this formula may enhance sensitivity to insulin and affect glucose levels, diabetics and hypoglycemics should consult their healthcare provider before using this product.

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**

with psyllium, oat bran & more **KONJAC ROOT**

DIETARY SUPPLEMENT | 300 CAPSULES

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 150

Amount Per Serving	% Daily Value	
Calories	5	
Total Carbohydrates	1 g	<1%†
Dietary Fiber	1 g	4%†
Chromium	100 mcg	285%
(from Chromax® Chromium Picolinate)		
Konjac Glucomannan	300 mg	*
(Amorphophallus konjac) (tuber)		
Apple Pectin	200 mg	*
LipoSan ULTRA® Chitosan	200 mg	*
(from shellfish)		
Guar Gum	200 mg	*
Oat Bran Fiber (Avena sativa)	200 mg	*
Psyllium Husk Fiber	200 mg	*
(Plantago ovata)		
Gymnema sylvestre Extract	50 mg	*
(25% gymnemic acid) (leaves)		
L-Carnitine	20 mg	*
(from L-carnitine tartrate)		

†Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

Other ingredients: Gelatin, calcium palmitate, rice flour, silica. **Contains shellfish (shrimp).**

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Fargo, ND 58104 USA • 1-800-437-4148

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