

Found in Peru and other parts of South America Yacón, often referred to as Peruvian ground apple, is a tuberous root, much like a jicama or sweet potato. The Yacón Tuber can be eaten plain, dried into a powder or cooked into a syrup or tea.

In all its forms Yacon has been shown to support weight loss and healthy blood sugar levels. Yacón is an important natural source of FOS (fructooligosaccharides) which are a vital source of fiber for healthy digestive balance and good probiotic function by promoting "friendly bacteria". This type of fiber passes through the digestive tract unmetabolised and has a very low caloric value. This natural source of fiber has been shown to slow food transit time and support healthy blood sugar levels which can assist in reducing food cravings and assist in weight loss.1

## Supplement Facts

Serving Size: 2 tablespoons 1 fl. oz. (30 mL) Servings per Container: 30

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	Amount Per Serving	% Daily Value
Calories	8	
Carbohydrate	2 g	<1%
Fiber	2 g	8%
Proprietary Blend Yacón syrup (Sma (containing 30% F	3 g llanthus Sonchifolius) OS)	Ť
hispanica), maca ti	500 mg Martius), chia seed ext uber extract, camu can auacu juice, and pichub	nu, maqui

Other ingredients: Filtered water, Fiber Blend [resistant maltodextrin, inulin (fructooligosaccharide (FOS) extract of chicory root)], fructose, citric acid, natural flavors, potassium sorbate (preservative), sodium benzoate (preservative), xanthan gum, sucralose, and acesulfame potassium

DIRECTIONS: Take 2 tablespoons directly from bottle or mix with 6 fl. oz. of cold water once daily as a dietary supplement. For best results, refrigerate after opening.

Shake well before use

† Daily value not established

- Keep out of reach of children.
- Refrigerate after opening.

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