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product info



05/2025

27251

L02514A



LIFE
EXTENSION®

Easy Fiber

Glucomannan from Konjac Root

Natural Orange Flavor with other natural flavors



Satiety† • Regularity • Digestion • Heart • Prebiotic*

NET WT. 167 G
(0.368 LB. OR 5.89 OZ)

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Level Scoop (Approx. 1.855 g)

Servings Per Container About 90

Amount Per Serving		% Daily Value
Total Carbohydrate	1 g	<1%†
Dietary Fiber	1 g	4%†
Total Sugars	0 g	
Includes 0 g Added Sugars		
Vitamin E (as d-alpha tocopherol)	0.8 mg	5%
Vitamin C (as sodium ascorbate)	4 mg	4%
Glucomannan [from umbrella arum (<i>Amorphophallus konjac</i>)] (root)	1000 mg	**

**Daily Value not established.

†Daily Value is based on a 2,000 calorie diet.

Other ingredients: citric acid, maltodextrin, gum
acacia, stevia extract, refined coconut oil, natural
orange flavors, beta carotene.

Manufactured for:
Quality Supplements
and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com

To report a serious adverse
event or obtain product
information, contact
1-866-280-2852.

◀ Approximate Product Fill Line ▶

Vegetarian

Store tightly closed in a cool,
dry place.

Density may vary from lot to lot.

†This supplement should be taken in conjunction with
a healthy diet and regular exercise program. Individual
results are not guaranteed and results may vary.

Read the entire label and follow the directions carefully.

DIRECTIONS: Briskly mix one (1) level scoop
in at least 8 to 10 ounces of water or beverage
of choice (to taste), one to three times daily, or
as recommended by a healthcare practitioner.
Drink immediately. Taking without enough liquid
may cause choking. Do not take if you have
difficulty swallowing.

HOW MUCH TO TAKE:

- Satiety*† (take before each meal) -
1/2 scoop 3 times per day.
- Regularity* - 1 scoop 3 times per day.
- Heart* - 1 scoop 3 times per day.
- Maintain already healthy blood sugar levels*
(take before each meal) - 1 scoop up to
3 times per day.

CAUTION: Fiber supplements may
affect absorption of medications.
Take 2 hours before or 1 hour after
any medications.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is damaged.
- Consult with your physician if you
are undergoing treatment for a medical
condition or if you are pregnant or
lactating.

*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.

