

PRODUCT BENEFITS: Chitosan is a polysaccharide derived from crustacean shells. As a dietary fiber, Chitosan is not digestible.* Fiber promotes a feeling of fullness, and Chitosan contributes to daily fiber intake.* Use this product as an addition to your reduced-calorie diet and daily exercise program. It is important to drink at least 6-8 cups of water daily when increasing your fiber intake.

Directions: For adults, take two (2) tablets three times daily, 30-60 minutes before breakfast, lunch and dinner with 8 ounces of water or follow the advice of your health care professional. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

PROD. NO. 4942

To refill please call 1-800-765-6775

or visit www.physiologics.com

Carefully Manufactured by PhysioLogics

One Nutrition Plaza, Carbondale, IL 62901 U.S.A.



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Physio**Logics**®

Chitosan

Natural Marine Fiber

500 mg

**A Positive Addition
to Your Diet Program***

Dietary Fiber Supplement
120 Tablets



Supplement Facts

Serving Size 2 Tablets

Servings Per Container 60

Amount Per Serving	%Daily Value	
Total Carbohydrate	1 g	<1%**
Dietary Fiber	1 g	4%**
Calcium	200 mg	20%
Phosphorus	155 mg	16%
Chitosan	1,000 mg (1 g)	***

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

***Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Cellulose (Plant Origin), Hypromellose, Croscarmellose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate, Cellulose Coating.

Contains shellfish (crab) ingredients.

FREE OF: artificial color, flavor or sweetener, preservatives, sugar, starch, milk, lactose, soy, gluten, wheat, yeast, sodium.

TAMPER RESISTANT: Do not use if seal under cap is broken or missing.

KEEP OUT OF REACH OF CHILDREN.

Store in a dry place and avoid excessive heat.

**Laboratory Tested to Guarantee Quality
For Health Care Professional Use Only**

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