

Full Diet™ can help you achieve your weight loss goals! This breakthrough formula is designed to maximize satiety ("fullness"), to help you eat less food and consume fewer calories – without feeling hungry.*

LuraLean™: a patented and super-condensed glucomannan fiber is at the center of this formula. When taken 45 minutes before a meal, this powerful ingredient swells and expands in the stomach, to promote a pleasant feeling of fullness while traveling through the digestive tract.* Research suggests that LuraLean™ helps support weight loss.*

Whole-Body Benefits: Full Diet™ is more than just a "diet" product... it is a whole-body approach to better health.* This product can easily be incorporated into your daily dietary regimen to help you:

- Eat smaller meals, while still feeling satisfied*
- Maintain healthy blood sugar levels already within a normal range*
- Maintain healthy cholesterol levels already within a normal range*
- Achieve and maintain a healthy body weight*

For best results, use Full Diet™ in conjunction with a sensible diet and exercise program.

What makes us different:



Liquid Soft-Gels – The nutrients in these easy-to-swallow Liquid Soft-Gels are released fast. Other forms of delivery can contain binders and fillers that may cause stomach upset and

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



offer no nutritional value. *Advanced Liquid Soft-Gels provide an optimum delivery system.*

Quality Assurance – Irwin Naturals™ is committed to providing the highest quality products for your health. We employ compliance testing to ensure purity and potency.

Global Responsibility – Over the year we have donated to organizations that support the environment and the health of our children.

Patented BioPerine™ – BioPerine™ enhances the bioavailability, absorption and potency of many nutrients.*

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. This product may decrease the absorption of other medications. Taking this product without adequate water may cause product to swell and block your throat or esophagus, which may cause choking. Do not take if you are having difficulty swallowing or have a stomach/intestinal blockage. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Some individuals may experience gas or stomach cramping when adding additional amounts of fiber to their diet. If such symptoms persist cut back on the dosage or discontinue use of the product. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

QUESTIONS: Call Consumer Affairs 1-800-297-3273

Weekdays 8:00 AM to 5:00 PM (PST)

Questions@IrwinNaturals.com

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**Plus
African Mango
and Coconut Oil**



Full Diet™ Helps Curb Appetite*



**Highly-Condensed LuraLean®
Gently Expands in the Stomach
to Promote a Feeling of Fullness While
Traveling Through the Digestive Tract***

60 LIQUID SOFT-GELS
DIETARY SUPPLEMENT

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Starting slowly can help your body adapt to an increased intake of fiber. Start with one (1) Liquid Soft-Gel twice daily, 45 minutes before meals, with a full glass of water. Over the course of several days, slowly increase the dose at a pace that is comfortable for your body. The recommended dose is three (3) Liquid Soft-Gels twice daily, 45 minutes before meals, with a full glass of water. Do NOT exceed three (3) Liquid Soft-Gels at one time or six (6) Liquid Soft-Gels per day. Taking this product without adequate water may cause choking.

Supplement Facts

Serving Size: 3 Liquid Soft-Gels / Servings per Container: 20

	Amount per Serving	%Daily Value
Dietary Fiber	1 g	4%**
Chromium (as Chromium Picolinate)	120 mcg	100%
Coconut oil	1800 mg	†
LuraLean® (Glucomannan)(Amorphophallus konjac)(root)	1500 mg	†
African Mango (Irvingia gabonensis) extract (4:1)(seed)	150 mg	†
BioPerine Complex BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(root)	3 mg	†

**% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, soy lecithin, beeswax, caramel, titanium dioxide and silicon dioxide.

Contains: Soy, Tree Nuts (Coconut)

No preservatives added

LuraLean™ is a registered trademark of AHD International, LLC.

® BioPERINE™ is a registered trademark of Sabinsa Corporation.

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
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