

Konjac Glucomannan Benefits

- Natural source of soluble fiber - can absorb up to 50 times its weight in water*
- Increases the weight of food without increasing calories and helps promote satiety* and healthy weight-loss.
- Supports healthy cholesterol levels already within the normal range*
- Supports healthy glucose balance*
- Supports digestive and intestinal health*

The Glucomannan GOLD™ Advantage

- Premium, fiber-rich Konjac Glucomannan root extract standardized to 95% Glucomannans
- Natural, safe, and non-stimulant approach to healthy weight management
- Ready-to-mix formulation can be added to beverages for a convenient way to meet recommended daily intake of fiber
- Packaged to stringent cGMP standards in the USA

NUTRIGOLD

READY-TO-MIX POWDER

KONJAC ROOT GLUCOMANNAN GOLD™

Fiber Supplement to Support Satiety,
Weight-Loss, Glucose & Digestive Health*



Net Wt. 1 lb (454 grams)

Supplement Facts

Serving Size: 1/2 Scoop (1.75 grams)

Servings Per Container: About 260

	Amount Per Serving	%DV*
Calories	5	
Total Carbohydrates	2 g	<1%
Dietary Fiber	2 g	8%
Konjac Glucomannan Standardized Extract (<i>Amorphophallus konjac</i> [root] standardized to 95% Glucomannans)	1,750 mg	†

*Percent Daily Values based on 2,000 calorie diet

†Daily Value not established

FREE of corn, egg, gluten, milk, peanut, shellfish, and soy.

Caution: Please consult your healthcare provider before taking this supplement if you are pregnant, breastfeeding, and/or taking any OTC or prescription medications for a health condition. Some individuals may experience minor gastric distress and temporary changes to bowel movements as the body adjusts to the addition of fiber; these can be managed by starting with a low dose (half a scoop) and slowly working up to a higher dose (up to 3.5 g a day). It is important to consume plenty of water throughout the day to minimize risk of constipation and dehydration. Store in a cool, dry place. Keep out of the reach of children.

Distributed By: NutriGold® Inc., Orem, UT 84057, USA.
(800) 476-3542 • www.nutrigold.com

Suggested Use: As a dietary supplement, adults mix 1/2 scoop of powder (1.75 g) in 12 to 14 oz of water and take 30 to 45 minutes before a meal. **Note:** Not consuming enough water when taking the product can cause it to swell up in the throat and increase risk of esophageal obstruction.



*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.