

**Suggested Usage:** Take 3 capsules 1 to 2 times daily with at least 8 oz. of water 30-45 minutes before a meal. Glucomannan is a soluble, bulk-forming fiber derived from the konjac root (*Amorphophallus konjac*) that can help to maintain intestinal regularity.\* Glucomannan may also help to maintain serum lipid levels already within the healthy range.\* In addition, by promoting satiety (feeling of fullness), Glucomannan can be a convenient addition to a weight management plan that includes a healthy diet and exercise program.\*

\*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.

**Caution:** For adults only. Take this product as recommended. Without drinking enough liquid the product may swell in the throat, causing blockage or choking. Avoid use if you ever had esophageal narrowing or swallowing difficulties. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet.  
Keep in Bottle.

Natural color variation may occur  
in this product.

CAPSULE SIZE

CODE 6512B V3



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# Glucomannan

## 575 mg - from Konjac Root

Healthy Weight Management\*

- Supports Healthy Cholesterol Levels already within healthy range\*
- Supports Regularity\*



**180 Capsules**  
A Dietary Supplement

Probiotics/Enzymes/Digestive

Family owned since 1968.

## Supplement Facts

Serving Size 3 Capsules    Servings Per Container 60

|                                                          | Amount<br>Per Serving     | % Daily<br>Value |
|----------------------------------------------------------|---------------------------|------------------|
| Calories ††                                              | 5                         |                  |
| Total Carbohydrate                                       | 2 g                       | < 1%*            |
| Dietary Fiber                                            | 2 g                       | 8%*              |
| <b>Glucomannan</b>                                       | <b>1.725 g (1,725 mg)</b> | <b>†</b>         |
| <b>(from Konjac Root) (<i>Amorphophallus konjac</i>)</b> |                           |                  |

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

† Daily Value not established.

Other ingredients: Gelatin (capsule), Silica and Cellulose.

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA    nowfoods.com

†† Fiber is not digested, thus has no caloric effect.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

