

 *Health through the power of nature,
that's what it means to Trust the Leaf.®*

Glucomannan (*Amorphophallus konjac*) contains dietary fiber that provides a feeling of fullness.* When taken before meals, it may provide support for weight management programs.* Our Glucomannan is carefully tested and produced to superior quality standards.

Keep out of reach of children. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either is broken or missing.

GLUTEN FREE. No sugar, salt, yeast, wheat, corn, soy, dairy products, artificial colors, flavors or preservatives.

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com

 **VEGETARIAN**



◆ LN13675.A05 BLK8217A



*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



Glucomannan

Konjac Root



100 Vegetarian Capsules / 665 mg

DIETARY SUPPLEMENT

Recommendation: Take 3 capsules with at least 8 oz. of water (full glass) approximately 20 minutes before mealtime.

Caution: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, or difficulty swallowing or breathing after taking this product, seek immediate medical attention. If pregnant, nursing or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 3 Capsules / Servings per Container 33

Amount Per Serving		% DV
Calories	5	
Total Carbohydrate	2 g	<1%†
Dietary Fiber	2 g	8%†
Glucomannan	1.995 g	**
(Amorphophallus konjac) root		

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: plant-derived capsule (modified cellulose), magnesium stearate