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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take four (4) capsules twice daily with 8 to 16 ounces of liquid 30 minutes before the heaviest meals, or as recommended by a healthcare practitioner.

CAUTION: Take at least two hours apart from medications. Because this product may lower blood glucose, consult your healthcare provider before taking this product if you are taking blood glucose lowering medication. Taking fiber products without adequate liquid may increase the risk of choking. Consult your healthcare provider before taking this product if you have difficulty swallowing or esophageal narrowing.

[†]This supplement should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



Q01470C

LifeExtension®

**LuraLean®
Caps
Special Propolmannan
Particle Size**



**Advanced Fiber for
Appetite Control*[†]**

**Dietary
Supplement**

**120 Vegetarian
Capsules**

Supplement Facts

Serving Size 4 Vegetarian Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
LuraLean® propolmannan (<i>Amorphophallus konjac</i> K. Koch, <i>ssp. Amorphophallus japonica</i>) fiber extract (root)	2,000 mg **

** Daily Value not established.

Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), stearic acid.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
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To report a serious adverse event or obtain product
information, contact 1-866-280-2852.

 LuraLean is a registered trademark of AHD International LLC.

*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.