

Suggested Usage: Take 1-2 capsules 1 to 2 times daily with food.

*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. Consult physician if pregnant/nursing, taking medication, or have a medical condition. This product contains Glucomannan. Take as recommended. Without drinking enough liquid the product may swell in the throat, causing blockage or choking. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Keep out of reach of children.

† Take plenty of water with this product in conjunction with a temporary, reduced-calorie diet and regular exercise.

Do Not Eat Freshness Packet. Keep in Bottle.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

CAPSULE SIZE

CODE 3316 V7



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Cider Vinegar

Diet Formula*†

- With Grapefruit, Lecithin, B-6, Chromium, Kelp & Glucomannan (from Konjac Root)
- Supports Healthy Glucose Metabolism*

180 Capsules

A Dietary Supplement

General Health

Family owned since 1968.

Supplement Facts

Serving Size 2 Capsules Servings Per Container 90

	Amount Per Serving	% Daily Value
Vitamin B-6 (from Pyridoxine HCl)	7 mg	412%
Chromium (from Chromium Chelavite®)	200 mcg	571%
Apple Cider Vinegar Powder	500 mg	†
Soy Lecithin	200 mg	†
Glucomannan (from Konjac Root) (<i>Amorphophallus konjac</i>)	100 mg	†
Kelp (<i>Laminaria digitata</i> & <i>Ascophyllum nodosum</i>)	74 mg	†
Grapefruit Fiber	30 mg	†

† Daily Value not established.

Other ingredients: Gelatin (capsule), Silica and Magnesium Stearate (vegetable source). Contains soy (lecithin).

NOW FOODS, 395 S. Glen Ellyn Rd.

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

Chromium Chelavite® is a registered trademark of Albion Laboratories, Inc.

