

Glucomannan+

Dietary Supplement

300 capsules

SWANSON®

BEST WEIGHT-CONTROL FORMULAS

- DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take two capsules before each meal with a full 8-ounce glass of water or as recommended by your healthcare provider.

WARNING: Consult your healthcare provider before use if you are pregnant, nursing or taking prescription medications, especially medications that affect blood sugar levels. Because this formula may enhance sensitivity to insulin and affect glucose levels, diabetics and hypoglycemics should consult their healthcare provider before using this product.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 150

Amount Per Serving	% Daily Value
Chromium (from Chromax® Chromium Picolinate)	100 mcg 285%
Konjac Glucomannan	300 mg *
Apple Pectin	200 mg *
LipoSan ULTRA® Chitosan (from shellfish)	200 mg *
Guar Gum	200 mg *
Oat Bran Fiber	200 mg *
Psyllium Husk Fiber	200 mg *
Gymnema sylvestre Extract (25% gymnemic acids) (leaves)	50 mg *
L-Carnitine (from L-carnitine tartrate)	20 mg *
*Daily Value not established.	

Other ingredients: Gelatin, calcium palmitate, rice flour, silica.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS** • Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com

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