



A NATURAL FIBRE DESIGNED TO SUPPORT YOUR WEIGHT LOSS JOURNEY.

Glucomannan is a soluble, bulk-forming fibre derived from the konjac plant. When implementing a calorie restricted diet, glucomannan also helps support weight loss. Each sachet contains the highest quality natural 1000 mg Glucomannan (konjac fiber).

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.

When consumed Glucomannan remains the digestive system for a few hours and helps to fill you up and supports digestion, thus not feeling hungry.

Ideally this product should be taken 30 mins to an hour before meal times. This product in the context of an energy restricted diet contributes to weightloss.

WHAT'S IN GLUCOMANNAN?

INGREDIENTS: Glucomannan Powder, L-Carnitine L-Tartrate, Inulin Powder, L- Choline Bitartrate, Natural Flavouring, Acid (Citric Acid, Malic Acid), White Kidney Bean Extract 20:1, Green Tea Extract (40% Polyphenols), Anti- Caking Agent (Silicon Dioxide), Sweetener (Sucralose), Caffeine Anhydrous, Ascorbic Acid, Colour (Beta Carotene), Capsaicin Extract (8:1), Nicotinamide, Calcium Pantothenate, Vitamin D3 (Cholecalciferol), Pyridoxine HCl, Chromium Picolinate, Folic Acid

Directions For Use: Take 1 sachet, with a glass or two of water just before meals.

	DAILY SERVING (4g)	% NRV
Glucomannan	1000mg	**
White Kidney Bean Extract 20:1	125 (Equivalent to 2500 mg)	**
L-Carnitine L-Tartrate	1000mg	**
Caffeine Anhydrous	50mg	**
Green Tea Extract (40% Polyphenols)	125mg	**
Capsaicin Extract (8:1)	25 (Equivalent to 200mg)	**
Choline (as L- Choline Bitartrate)	117mg	**
Vitamin C (Ascorbic Acid)	25mg	31.3%
Vitamin B3 (Nicotinamide)	6mg	100%
Vitamin B5 (Calcium D-Pantothenate)	2mg	33.3%
Vitamin B6 (Pyridoxine Hydrochloride)	0.47mg	33.6%
Vitamin D3 (Cholecalciferol (1000,000iu/g) (Vegan)	5µg 200IU	100%
Chromium (as Picolinate)	33µg	82.5%
Vitamin B9 (as Folic Acid)	67µg	33.5%

**Nutritional Reference Value (NRV) not established.

APPETITE CONTROL

1000mg

WEIGHT MANAGEMENT

**Results may vary and are not typical.

If you are pregnant or nursing, under the care of a physician, or have a medical condition, consult your physician before taking.

*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.

