



## Glucomannan Drink

Nutritional supplement  
Healthy weight loss<sup>1</sup> - cholesterol-controlled diet<sup>2</sup>!

### Useful information:

Glucomannan is a purely vegetable, water-soluble fibre consisting of indigestible carbohydrate chains of the Asian Konjac root (*Amorphophallus konjac*). It is characterised by high swelling properties. The European Food Safety Authority (EFSA) confirms that within the scope of a low-calorie diet, Glucomannan contributes to a weight loss.

A daily intake of 3 grammes of Glucomannan in 3 portions at 1g each in combination with 1-2 glasses of water before meals and a low-calorie diet leads to weight loss. Furthermore, a daily intake of 4 grammes contributes to maintaining a normal cholesterol level in the blood. Both conditions are fulfilled with our Glucomannan Drink, as the recommended daily dose contains 4 grammes of Glucomannan.

### Glucomannan Drink

- <sup>1</sup>Contributes to weight loss as part of a low-calorie diet
- <sup>2</sup>Contributes to a normal cholesterol level in the blood

**Ingredients:** Glucomannan (45%), bulking agent Dextrose, Inulin, acidifier Citric Acid, Orange Juice Concentrate, filler Maltodextrin, anti-caking agent Silicon Dioxide, natural Orange Flavour, Vitamin B2.  
Contains Sulfites.

	per sachet	per daily dose (=3 sachets)	% of NRV recommended daily dose*	per 100 g
Glucomannan	1.35 g	4.05 g	**	45 g
Vitamin B2	2 mg	6 mg	429	67 mg

\* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

\*\* No reference value has yet been established

**Recommended dose:** 3 x daily approx. 30 minutes before meals, stir the contents of one sachet into a glass of water (at least 200 ml) and drink quickly, as the product is likely to gel already in the glass due to its high swelling properties. Afterwards drink at least another glass of water.

Glucomannan Drink is not suitable for people with swallowing difficulties.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of little children. Do not exceed the recommended daily dose.

Made in Germany

**Contents:** 42 sachets with 3.0 g each

**Total weight 126 g**

Art. No. 12

FS0123

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