



Glucomannan

INTRODUCED 2008

What Is It?

Konjac glucomannan, a viscous soluble fiber, provides important support for satiety and weight loss, lipid and triglyceride metabolism, glycemic response and glucose function, vascular health, and gastrointestinal health, regularity and healthy gut microflora.*

Uses For Glucomannan

Weight Management: Glucomannan is a soluble fiber with a high molecular weight and viscosity compared to other fibers, providing enhanced support for weight management. Significant mean weight loss was observed in one 8-week double blind trial, an effect that may be due to the effect of konjac glucomannan on satiety. A later study demonstrated that addition of a resistance and endurance exercise training program to a glucomannan-rich diet provides enhanced support for healthy body composition, lipid metabolism and triglycerides.*

Cardiovascular Health: In several controlled trials, konjac glucomannan supported healthy lipid metabolism and triglyceride levels, possibly by promoting healthy bile acid secretion. Additionally, it supports healthy glucose utilization and vascular function to support overall cardiovascular health.*

GI Health: As a dietary fiber, konjac glucomannan supports GI regularity. Research indicates that it also promotes healthy microflora balance, enhancing the growth of lactobacillus and bifidobacteria for a healthy gastrointestinal tract.*

What Is The Source?

Glucomannan is derived from root of *Amorphophallus konjac*.

Recommendations

Pure Encapsulations recommends 1–2 capsules with each meal, with 8–16 oz water.


Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Glucomannan could alter some medication absorption. Concurrent administration is not recommended. Individuals on antidiabetes medications may require blood glucose monitoring. Consult your physician for more information.

Glucomannan

each vegetable capsule contains	 00
calories	5
total carbohydrate.....	<1 g.
dietary fiber	<1 g.
glucomannan	560 mg.
(derived from 700 mg Amorphophallus konjac (root))	
1–2 capsules with each meal, with 8–16 oz water.	

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.