

Supplement Facts

Serving Size: 1 Veg Capsule

Servings per Container: 60

	Amount per serving	% Daily Value
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Agar Agar (powder)	575 mg.	†
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* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

Other Ingredients: Plant Cellulose (Vegetable Capsule).

Suggested Use: As an addition to the diet, take 1 or 2 capsules, three times daily with water at mealtime.

Keep in a cool dry place with cap tightly closed.

WARNING: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Not for use by persons with bowel obstructions or those with difficulty swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

Agar Agar, is a sea plant also known as Kanten, and is a popular ingredient in Asian cuisine. It is recognized as a zero-calorie, bulk fiber, which can help support healthy appetite control. Because of its ability to expand in the stomach, it causes a feeling of fullness.*

Common uses include:

- Helps maintain healthy body weight*
- Supports healthy bowel function*
- Relieves occasional constipation*

Double Safety Sealed: Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

Nature's Wonderland® Guarantee: This product is guaranteed for purity, freshness and labeled potency.

*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.

