



DIRECTIONS: Mix one to two scoops (1.6-3.2 g) in 8-12 oz of water or other non-alcoholic beverage and consume once per day, or mix one scoop as directed and consume 30 to 60 minutes before each of your two biggest meals, or use as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication, especially hypoglycemic agents, should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

RealFiber Lean features Shimizu Propol® A propolmannan—a highly pure, natural soluble fiber. Propol A is created from *Amorphophallus konjac*-derived glucomannan using proprietary processing techniques. This fiber has been studied for its viscosity and for its stability through the digestive tract; and studies support its health effects, such as on satiety, weight control, glucose and lipid metabolism, and bowel regularity.*

***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.**

STORAGE: Keep closed in a cool, dry place out of reach of children.

DOES NOT CONTAIN: Wheat, gluten, corn, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.



RealFiber Lean

Satiety, Weight Control Plus Glucose / Lipid Metabolism Support*



Gluten Free



Vegetarian



Non GMO

Dietary Supplement
Net Wt. 3.39 oz (96 g)

Supplement Facts

Serving Size: 2 Scoops (about 3.2 g)

Servings Per Container: About 30

	Amount Per Serving	%Daily Value
Dietary Fiber (from Propol® A propolmannan) (<i>Amorphophallus konjac</i>)(tuber)	3 g	12%†

†Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: None

Propol® is a registered trademark of Shimizu Chemical Corporation.

Distributed exclusively by:

RealDose Nutrition LLC

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To reorder: www.RealDoseNutrition.com



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