**Konjac**

Standardised to contain 90% glucomannan

Great natural appetite suppressant, promote intestinal transit and protects the digestive system

<table>
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<th>1 unit</th>
<th>3 + 1 free</th>
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<td>371 mg / 63 capsules</td>
<td>15,00 €</td>
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**PRINCIPAL INDICATIONS:**
Cardiovascular, Weight (appetite suppressants, slimness)

Konjac tuber (*Amorphophallus konjac* K. Koch) is rich in glucomannan, a soluble fibre that **increases feelings of fullness and helps you lose weight.**

Our **konjac glucomannan** is the **perfect ally for losing weight** when accompanied by a low-calorie diet, since increasing feelings of fullness decreases appetite.

Konjac glucomannan also helps lower LDL cholesterol levels and **regulates bowel function.**

Our **konjac extract** is standardised to contain 90% glucomannan, ensuring maximum effectiveness.

Health claims accepted by the following organisations: 🚀🔍

Glucomannan in the context of an energy restricted diet contributes to weight loss.

**Composition**

**INGREDIENTS:**
9 capsules contain: 3,339 mg dry extract of konjac tuber (*Amorphophallus konjac* K. Koch) standardised to contain 90% glucomannan (i.e. 3,005 mg).

**OTHER INGREDIENTS:**
Anti-caking agent (E551): silicium dioxide, vegetable-based capsule: hydroxypropyl methylcellulose.

**ALLERGENS:**
This product does not contain allergens (in accordance with Regulation (EU) No 1169/2011) nor genetically modified organisms.
FABRICATION AND GUARANTEE:
This dietary supplement is manufactured by a GMP-compliant laboratory (GMPs are the good manufacturing practice guidelines for the European pharmaceutical industry). Their active principle content is guaranteed through regular tests, which can be viewed online.

Use

DIRECTIONS:
9 capsules per day taken in three doses with one or two glasses of water, before meals and accompanied by a low-calorie diet.

WARNINGS:
We recommend taking with plenty of water to ensure substance reaches stomach. Do not use if you have difficulties with swallowing. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ADVICES:
Does not replace a varied and balanced diet and a healthy lifestyle. If you are undergoing medical treatment, seek your therapist's advice. For adult use only. Keep out of reach of young children.

STORAGE INSTRUCTIONS:
Store in a cool dry place away from sunlight.

Detailed information

Konjac (Amorphophallus konjac K. Koch) belongs to the Araceae family, and originates from southeast Asia. It is grown in south and southeastern China and Vietnam. Its flowers are produced on a dark purplish spathe, with a thick tuber that can grow up to 30 cm in diameter.
The dried and pulverised tuber is called konjac flour, from which konjac glucomannan (1) is obtained. History

Konjac has been used in China, Japan and East Asia for medicinal purposes and as food. In traditional Chinese medicine, a gel is prepared with konjac flour for detoxification, phlegm liquefaction and relieving circulatory problems. It has also traditionally been used in China for over 2,000 years to treat asthma, skin and blood disorders, burns and hernias (2). Composition

Konjac tuber is rich in glucomannan, a high-molecular-weight polysaccharide. It is a soluble fibre that readily mixes with water to form a high viscosity gel (1). Our extract
- Extract name: Dry extract of konjac standardised to contain 90% glucomannan
- Scientific name: Amorphophallus konjac K. Koch
- Part used: Tuber

Benefits
Glucomannan is a soluble fibre that increases feelings of fullness and helps you lose weight. It is also used as a laxative and in cases of high blood lipid levels (1). Usage, dosage

One dose of our product (9 capsules) is equivalent to 3005 mg of glucomannan. We recommend drinking one or two glasses of water half an hour before meals. Studies/research

Glucomannan is effective in reducing weight and body fat (3-4). When ingested with liquid, the soluble fibre forms a viscous gel in the digestive system that slows gastric emptying and slows down the absorption of nutrients (1-2), which creates a feeling of fullness and helps control appetite and lose weight.
Various clinical studies have shown that consuming konjac glucomannan can lower blood cholesterol levels, improve intestinal transit, gut flora, and the metabolism of carbohydrates (2).
Finally, konjac glucomannan also has antioxidant properties. One study established an increase in the synthesis of
antioxidant enzymes in the liver and gut mucosa, due to the gene expression regulation mediated by this fibre (5).

Bibliography