

Live Better. Every Day.™

Directions: Take 3 capsules 3 times a day with 250 ml to 500 ml of water prior to meals. Drink plenty of fluids daily. For best results, use this product every day.

Important: Do not exceed the recommended dose. Food supplements should not be used in place of a varied diet. Can only help weight loss as part of a calorie controlled diet.

Do not use this or any weight loss plan if you are pregnant, breastfeeding, under 18 or have a medical condition without first consulting your doctor.

Contains no artificial preservatives, sweeteners, starches, or wheat.

Product has been sealed for your protection. Do not use if seal is broken. Replace cap tightly after use. Store in a cool dry place.

Keep out of reach of children.

Imported and Distributed by: **Lifestyles UK & Eire Ltd.**
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Manufactured by: **Lifestyles Global Network**
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Visit www.lifestyles.net for more product information.

Made in Canada

Lifestyles™

FibreLife™



Soluble fibre food
supplement with
cinnamon extract

60 Capsules (40g)

PREMIUM QUALITY • NATURAL SOURCE

Three capsules contain:

Konjac root (Glucomannan) (*Amorphophallus konjac*) 1050 mg
Guar gum (*Cyamopsis tetragonolobus L.*) 300 mg
Xanthan gum (*Xanthomonas campestris*) 150 mg
Cinnamon extract (*Cinnamomum cassia*) (20:1) 150 mg

Ingredients: Konjac root, Guar gum, Capsule shell (Gelatin),
Cinnamon extract, Xanthan gum, Anti caking agent :
Microcrystalline cellulose

For Best Before End: See base of bottle.



QUALITY ASSURED: Manufactured in accordance to
the Good Manufacturing Practices (GMP) as outlined
by the Canadian Natural Health Products Directorate.

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