

**WellBetX® PGX™ Soluble Fiber Blend****180 capsules**

Item Catalog Number: 00673

 **Featured Video**

PGX® Proprietary Blend contains glucomannan, a soluble and fermentable fiber derived from the root of konjac plant (*Amorphophallus konjac*), that is differentiated from other soluble fibers by its extraordinarily high viscosity. As this water-soluble fiber travels through the digestive tract, it forms a highly viscous, gel-like mass that can promote feelings of fullness, which helps maintain healthy body weight<sup>35-37</sup> and beneficially affects blood lipid and glucose levels.

**References****Supplement Facts**

Serving Size 2 capsules

Servings Per Container 90

**Amount Per Serving**

PGX™ Proprietary Blend	1000 mg
Konjac ( <i>Amorphophallus konjac</i> K. Koch) root extract, Sodium Alginate, Xanthan Gum	
Mulberry ( <i>Morus Alba</i> ), powdered extract (leaf)	50 mg
Total carbohydrate	1.4 g
Dietary fiber	1.3 g
Sodium	23 mg
Calcium	6 mg

Other ingredients: gelatin capsule (gelatin, purified water), rice powder, magnesium stearate (vegetable grade).

**Dosage and Use**

- Take two to four capsules with eight to sixteen ounces of water, five to ten minutes before meals, or as directed by a healthcare practitioner.

**Caution**

Drink at least four ounces of water per capsule when taking this product. Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

**Note**

PGX™ is not a substitute for diet and exercise. Those seeking to lose body fat should take two to six PGX™ capsules before each meal and follow a calorie-restricted diet. Exercise is recommended for those who are able to do so. This supplement should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

**Related Keywords**

Weight Loss, Fat Loss, Blood Sugar, Carbohydrate

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