

Chitosan

250 mg, 180 capsules

Item Catalog Number: 00216

Chitosan is a soluble fiber composed of chitin, which is a component of the shell of shellfish. Fibers such as chitosan can absorb many times their weight of fat and cholesterol.¹⁴⁵⁻¹⁴⁸ Since cholesterol is normally secreted with the bile and reabsorbed in the intestine, fibers like chitosan can help maintain healthy cholesterol levels in those already within normal range.¹⁴⁹⁻¹⁵⁰ Absorbed fat and cholesterol are excreted through the bowel, which may improve bowel function. Moreover, chitosan may facilitate the depletion of excess body fat in humans under free-living conditions.¹⁵¹ Ascorbic acid (vitamin C) helps activate chitosan in the stomach and intestine.^{152,153} It is important to take pure ascorbic acid to enhance the effects of chitosan. Buffered or mineral ascorbates will not work as well.

Supplements to be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 180

Amount Per Serving

Chitosan (chitin from shellfish)

250 mg

Other ingredients: gelatin, water.

Contains crustacean shellfish (lobster, crab, shrimp). This product contains NO milk, egg, fish, peanuts, soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one to three capsules with eight ounces of water three times daily with meals, or as recommended by a healthcare practitioner.
- Start with one capsule with each meal to allow the body to adjust to a higher level of fiber.
- Supplement to be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

Caution

Chitosan supplements should not be consumed within two hours of taking fat-soluble or oil-based supplements such as CoQ10, vitamins A, D, E and K, or prescription medication. To avoid the possibility of esophageal obstruction, always drink at least 10 ounces of water with fiber supplements, followed by another glass of water. Do not use if abdominal pain, nausea or vomiting is present, unless directed by your physician. Those allergic to shellfish should not use this product.

To avoid the possibility of esophageal obstruction, always take with at least eight ounces of water. Consume immediately, followed by another glass of water. Fiber may decrease the absorption of minerals such as zinc, copper, iron, calcium, and magnesium if used concomitantly.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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