



Get Fit Now!

GLUCOMANNAN (KONJAC ROOT) HELPS TO PROMOTE WEIGHT LOSS IN SEVERAL WAYS:

- MIXED WITH WATER, GLUCOMANNAN EXPANDS IN YOUR STOMACH AND PROMOTES A FEELING OF FULLNESS (SATIETY), REDUCING FOOD INTAKE AT A SUBSEQUENT MEAL.
- IT DELAYS STOMACH EMPTYING, CONTRIBUTING TO INCREASED SATIETY.
- IT'S VERY LOW IN CALORIES.
- LIKE OTHER SOLUBLE FIBERS, IT REDUCES THE ABSORPTION OF FATS.

**FITNESS
COFFEE®**

