

# New Pill Containing Glucomannan hits the market this month- TheFillPill.com

*New Diet Pill containing the revolutionary fiber, Glucomannan, which swells to over 50 times its only size to suppress hunger and cleanse intestines.*

You've read about it in Shape Magazine, now be one of the first people to try a revolutionary new diet pill that swells to over 50 times its original size to promote a feeling of fullness, and also cleanses the digestive tract without excess gas. In addition to Glucomannan, The Fill Pill ([www.TheFillPill.com](http://www.TheFillPill.com)) also contains Caralluma, a natural plant extract used for centuries in India to reduce hunger in times of famine. Finally, The Fill Pill also contains your daily RDA supply of vitamins. Taking Vitamins daily has been proven to reduce hunger and promote weight loss by satisfying your body's natural needs for a full supply of vitamins.

Sign up now for our newsletter at [www.TheFillPill.com](http://www.TheFillPill.com) and receive an email the minute The Fill Pill becomes available (expected late April 2008) and a coupon good toward your first order.

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Additional Information about Glucomannan:

Glucomannan is a polysaccharide that is classified as a soluble fiber. Because glucomannan can absorb up to 200 times its weight in water, it has been used as a dietary supplement to promote weight loss (via increasing feelings of fullness). Glucomannan is derived from several plants, but the primary source is an Asian plant called Konjac.

Properties: Anorectic, Antacid, Cholagogue, Digestive Nutrition, Purgative

Primary Nutrients: Calcium, Iron, Magnesium, Manganese, Niacin, Phosphorus, Selenium, Silicon, Sodium, Vitamins A, C, B1, B2 and Zinc

Primary Uses: Blood Sugar Disorders, Cholesterol/high, Constipation, Diverticulitis, Hemorrhoids, Obesity

Secondary Uses: Atherosclerosis, Blood Pressure/high, Diabetes, Gastric Problems, Hypoglycemia, Pancreatic Problems

Glucomannan helps reduce cholesterol, maintain regularity, and promote intestinal health. It also aids in normalizing blood sugar levels, relieves stress on the pancreas, and discourages blood sugar abnormalities such as hypoglycemia.

Glucomannan...

- \* Collects fat from the colon wall and discharges it from the body.
- \* Combined with diet and exercise, Glucomannan is helpful in a weight loss program.
- \* Effective at absorbing toxicity resulting from improper food combining.

Glucomannan is derived from konjac flour, which comes from the tuber of the various species of amorphophallus plants (related to the common philodendron). Konjac flour has a long history in China and Japan where it has traditionally been used as a food substance to thicken foods, much like guar and xanthan gums, and as a general health aid for skin care.

Glucomannan is a unique herb, also classified as a soluble dietary fiber, providing dietary fiber with no calories. On its way through the body, glucomannan collects and removes fat from the colon wall, thereby promoting bowel elimination; while absorbing intestinal toxins and helping to normalize blood sugar.

Glucomannan has been receiving more attention lately due to its role in weight loss. It is believed that the expansion of glucomannan in the gastrointestinal tract is a major contributing factor to weight loss. Glucomannan expands up to sixty times its own weight. This swelling causes the subject to experience a feeling of satiety; and they therefore consume less food.

According to PDR Health online, in an eight-week double-blind study, 20 obese subjects received 1 gram of glucomannan or placebo daily. The overweight subjects were instructed not to change their eating or exercising habits. The average weight loss of the subjects who received the glucomannan supplements was 5.5 pounds. Their serum cholesterol and LDL cholesterol levels were significantly reduced as well.

Glucomannan may also play a potential role in normalizing blood sugar. This could give glucomannan the ability to improve glycemic control in Type 2 Diabetes. This is due to the delaying of the absorption of carbohydrates. By increasing the gastric-emptying time and/or the decreasing small intestinal transit time, your body has less of an opportunity to store those carbs as fat.

Aside from glucomannan's role in normalizing blood sugar and promoting weight loss, it provides your body with a good source of fiber, which the typical American diet is lacking. Fiber helps to lower blood cholesterol levels and stabilize blood sugar, helping to prevent colon cancer, constipation, hemorrhoids, obesity, and many more disorders. It also helps to rid the body of toxic metals. Because most diets are deficient of fiber, it is important to start supplementing in small doses. Too much fiber may decrease your absorption of zinc, iron, and calcium.

Fiber supplements, such as glucomannan, combined with high-fiber foods, such as whole-grain cereals and flours, brown rice, bran, fresh fruit, raw vegetables, etc., are an essential part of a healthy, well-balanced, low-carb diet.

#### WARNINGS:

Glucomannan is considered non-toxic, but anyone suffering from any blood sugar-related disease should check with their physician before using the supplement.

Glucomannan dramatically expands when ingested, it **MUST** be followed by substantial

amounts of water.

<http://www.TheFillPill.com>