

beano

Food Enzyme
Dietary Supplement

**Works
naturally
to help
prevent
gas before
it starts***



**Take right before
your first bite**

**to help stop gas, bloating,
and discomfort from:
beans, broccoli, cabbage, onions,
peppers, seeds, soy products,
whole grains, cereals, and more***



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

EXP.

LOT.

beano
*helps stop gas
before it starts!*

*works on more
than just beans*
beano[®]
Food
Enzyme
Dietary
Supplement

30 TABLETS



beano[®]

Take 2 to 3 tablets **right
before the first bite** of
gas-producing food to
**prevent gas, bloating
and discomfort.**

Take Beano before and there'll be no gas[®]

beano
Food Enzyme
Dietary Supplement

Beano prevents gas, bloating and discomfort caused by many healthful foods.*

How Beano works:

Beano contains a natural food enzyme that breaks down the complex carbohydrates found in many foods, making them easier to digest so they don't cause gas.

How to use Beano tablets:

1. **Use for the right problem:** Use Beano if you experience the symptoms of stomach gas caused by many healthful foods.
2. **Use with the right food:** Beano prevents gas from a variety of foods,* including:

Beans	Cauliflower	Onions	Seeds
Broccoli	Corn	Peas	Soy
Cabbage	Lettuce	Peanuts	Whole grains
Carrots	Oat Bran	Peppers	And more ...

For a complete listing of foods visit www.beanogas.com
3. **Use at the right time:** Take **right before** your first bite of problem food.
4. **Use the right amount:** Swallow or chew **2-3 tablets** for a typical meal. Too much heat can inactivate the enzyme, so don't cook with Beano.

When to use Beano:

Use it every day right before every meal with problem food.

Allergy Note: If a rare sensitivity occurs after taking Beano, discontinue use. Galactosemics consult your doctor.

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Storage: Store below 25°C (77°F). Avoid heat.

Questions or comments? call toll-free 1-800-257-8650 (English/Spanish) weekdays or visit www.beanogas.com
If you are pregnant or nursing a baby, ask a doctor before use.
U.S. Patent No. 5,989,544

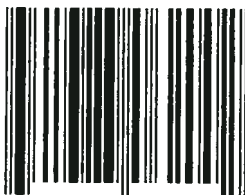
Supplement Facts
Serving Size 2 Tablets
Servings Per Container 15

Amount Per Serving	%DV
Alpha-galactosidase enzyme 300 GALU† (derived from <i>Aspergillus niger</i>)	
†Daily Value not established	

Other Ingredients: Cellulose gel, mannitol, invertase, potato starch, magnesium stearate, colloidal silica, gelatin.
Contains: cod, flounder, redfish, wheat
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