

**DIRECTIONS:** (Adult) As an addition to your reduced calorie diet and exercise plan<sup>†</sup>, take two (2) Liquid Soft-Gels in the morning and one (1) or two (2) in the afternoon 30 minutes before meals with a full glass of water. If caffeine keeps you up at night, do not take this product in the evening since it contains natural caffeine.

# Supplement Facts

Serving Size: 2 Liquid Soft-Gels

Servings per Container: 37

	Amount per Serving	% Daily Value
Chromium (as Chromium Picolinate)	125 mcg	104%
Fish Oil (30% Omega-3 fatty acids)	851 mg	†
Green Tea extract (50% EGCG)(leaf)	400 mg	†
<b>Fat Metabolizer Blend</b>	300 mg	†
Advantra Z <sup>®</sup> Bitter Orange extract (30% synephrine)(fruit), Natural Caffeine (100 mg Caffeine)		
<b>BioPerine Complex</b>	6 mg	†
BioPerine <sup>®</sup> Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(root)		

†Daily Value not established

Other Ingredients: Gelatin, purified water, soy lecithin, glycerin, beeswax, titanium dioxide and sodium copper chlorophyllin.

Contains: Soy, Fish (anchovy, sardine)

No preservatives added.

● **BIOPERINE<sup>®</sup>** is a registered trademark of Sabinsa Corporation.

**Advantra Z<sup>®</sup>** is a registered trademark of Nutratech, Inc.

**Usage Warnings:** Do not use if safety seal is broken. This product contains caffeine and may affect blood pressure and/or heart conditions. Check with your doctor before using this product if you are using medication or have any medical conditions, including heart disease and/or high blood pressure. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

**WARNING:** (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

**NOTICE:** For best results we recommend limiting the consumption of additional caffeine while using this product (e.g. less than three 8 ounce cups of coffee per day).