

Directions: Take 2 capsules three times a day with a full glass of water, approximately 30 minutes before a meal.

## Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 56

Amount Per Serving		% Daily Value
Chromium (as chromium dinicotinate glycinate and chromium polynicotinate)	40 mcg	34%
<b>Proflora and Detoxifying Blend:</b>	121.8 mg	‡
<i>Lactobacillus acidophilus</i> , <i>Bifidobacterium bifidum</i> , fructooligosaccharides (from chicory root), caprylic acid and L-glutamine		
<b>Appetite Control Blend:</b>	1010 mg	‡
Glucomannan, guar gum and xanthan gum		
<b>Metabolism Boosters:</b>	110 mg	‡
Green tea leaf extract (50% caffeine) and green coffee bean		
<b>Natural Diuretic Blend:</b>	127.2 mg	‡
Uva ursi 4:1 extract (leaf), papaya fruit, apple cider vinegar and grapefruit extract (fruit)		
‡ Daily Value not established.		

Other ingredients: Gelatin, microcrystalline cellulose, magnesium stearate and silica.

Contains milk.

Your results may vary. Use in conjunction with a sensible diet and exercise program. Do not use if pregnant or lactating. Always consult with your physician before using this or any other dietary supplement.