suggested use: As a dietary supplement, take (1) capsules in the morning and one (1) capsule before physical activity, or as directed by your health care professional.

caution: Do not exceed recommended dose. This product is not intended for pregnant or nursing mothers, children under the age of 18 or individuals with a known medical condition including cardiovascular disorders or hypotension (low blood pressure). If you are currently taking any prescription medication including that for high blood pressure and have questions about the advisability of taking this product, consult a physician prior to use.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

\*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.

Lot # and Expiration Date printed on bottom of bottle.





DIETARY SUPPLEMENT

## **Supplement Facts**

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving		%DV
Vitamin C (as ascorbic acid)	250mg	278%
Vitamin D (as cholecalciferol)	10mcg	5%
Niacin	50mg	313%
Vitamin B6 (as pyridoxine hydrochloride)	20mg	1176%
Calcium(as calcium carbonate)	100mg	8%
Magnesium (as magnesium oxide)	50mg	12%
Zinc (as zinc picolinate)	10mg	91%
Chromium (as chromium picolinate)	400mcg	1143%
Fenugreek Seed	100mg	†
Gymnema leaf	100mg	† † †
American ginseng root extract	100mg	†
Button mushroom (Agaricus bisporus) Fruit body extract	100mg	†
Alpha Lipoic acid	50mg	+
Turmeric root extract	50mg	† † † †
Cinnamon bark	50mg	†
Bitter melon fruit extract	50mg	†
Berberine hydrochloride (from barberry root)	50mg	†
Garlic Bulb	50mg	†
Milk Thistle seed	50mg	† † † †
Holy basil leaf extract	50mg	†
Resveratrol (from japanese knotweed root extract)	10mg	†
Black pepper fruit extract (Bioperine*)	5mg	†
Vanadium (as vanadyl sulfate)	250mcg	†

<sup>%</sup> Daily Value (%DV) based on a 2000 calorie diet.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate, and Rice Flour.

<sup>†%</sup> Daily Value not established.