

The Bootcamp Mission:

To help you achieve a healthier body weight in two weeks, so you look and feel great!

How It Works:

This intensive diet system supplies four powerful products that, when used in combination with a reduced calorie diet and exercise plan, can help to maximize your weight loss efforts.**

PRODUCT 1: FAT BURNER†

†A blend of concentrated green tea + natural caffeine that, while not literally "melting" fat off the body, has been shown in emerging research to increase fat burning ability.*

PRODUCT 2: CARB-BLOCKER

Scientifically-designed to neutralize carbohydrate enzymes and decrease the number of carb calories digested by the body.*

PRODUCT 3: COLON FLUSH

A powerfully effective formula to cleanse the colon and eliminate excess waste that may be clogging your digestive tract.*

PRODUCT 4: BLOAT-LESS

Fast-acting liquid soft-gels to support the body's natural water balance.*

**This program requires that you follow a reduced calorie diet & exercise plan.*

4-in-ONE
DOCTOR-DEVELOPED
HARDCORE DIET!

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2-WEEK BOOTCAMP EXTREME DIET™

High-Intensity 4-Product Bootcamp
Attack Fat for Hardcore Results!*

FAT BURNER*

BOTTLE 1: Powerful Calorie & Fat Burning*

CARB-BLOCKER

BOTTLE 2: Neutralize Carbohydrate Calories*

COLON FLUSH

BOTTLE 3: Lose up to 2-3 lbs of Excess Waste Matter*

BLOAT-LESS

BOTTLE 4: Supports the Body's Natural Water Balance*

BOTTLE 1: 28 TABLETS

BOTTLE 2: 28 TABLETS

DIETARY
SUPPLEMENT

BOTTLE 3: 28 TABLETS

BOTTLE 4: 28 LIQUID SOFT-GELS

Take the 2-Week Challenge!



Are you looking to lose some weight, but frustrated with your results? Are you trying to get back into those skinny jeans or to fit into that new dress for a big event? Or would you like to feel more confident while wearing less?*

2-Week Bootcamp Extreme Diet™ is a doctor-developed system that is specially designed to give you the hardcore results that you are looking for.* This intense multi-product & diet program is unlike anything you have tried before.**

"Stick with it for two weeks... and you will find that the results are worth the effort!"

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Applied Nutrition® is committed to developing science-based products that exceed the highest standards for quality and purity. As a leader in innovation, we continuously strive to bring forward new ideas and groundbreaking formulas that enhance health and well-being. To view our entire line of products, please visit us online at:

www.AppliedNutrition.com

DIRECTIONS: **Product 1: Fat Burner:** (Adult) Take two (2) tablets in the morning with breakfast.

Product 2: Carb-Blocker: (Adult) Take one (1) tablet twice daily before starchy meals & snacks.

Product 3: Colon Flush: (Adult) Take two (2) tablets in the evening with water.

Product 4: Bloat-Less: (Adult) Take two (2) liquid soft-gels daily with water.

PRODUCT 1: FAT BURNER

Supplement Facts

Serving Size: 2 Tablets Servings per Container: 14

	Amount per Serving	%Daily Value
Thermo-Active Blend	1300 mg	†
Green Tea extract (50% EGCG)(leaf), CoffeeBerry® Coffee (Coffea arabica) Fruit Extract (50% Caffeine)(150 mg Caffeine)		

†Daily Value not established

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, magnesium stearate and stearic acid.

CoffeeBerry® is a registered trademark of VDF FutureCeuticals, Inc.

PRODUCT 2: CARB-BLOCKER

Supplement Facts

Serving Size: 1 Tablet Servings per Container: 28

	Amount per Serving	%Daily Value
Chromium (as Chromium Picolinate)	100 mcg	83%
Common Bean (White Kidney Bean) extract (20:1)(fruit)	1000 mg	†

†Daily Value not established

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, stearic acid, croscarmellose sodium, silicon dioxide and magnesium stearate.

PRODUCT 3: COLON FLUSH

Supplement Facts

Serving Size: 2 Tablets Servings per Container: 14

	Amount per Serving	%Daily Value
Power Cleansing Blend	1442.8 mg	†
Acai (Assai Palm) (Euterpe oleracea) extract (4:1)(fruit), Cascara Sagrada powder (bark), Blueberry (Vaccinium angustifolium) powder (fruit), Cranberry (Vaccinium macrocarpon) powder (fruit), Slippery Elm powder (bark), Litchi (Lychee) extract (fruit), Mangosteen powder (fruit), Pomegranate powder (seed), Ginger powder (root, rhizome)		

†Daily Value not established

Other Ingredients: Calcium carbonate, microcrystalline cellulose, stearic acid, croscarmellose sodium, gum arabic, silicon dioxide and magnesium stearate

PRODUCT 4: BLOAT-LESS

Supplement Facts

Serving Size: 2 Liquid Soft-Gels Servings per Container: 14

	Amount per Serving	%Daily Value
Potassium (as Potassium Citrate)	100 mg	3%
Bloat-Less Blend	770 mg	†
Uva-ursi extract (10% arbutin)(leaf), Dandelion (Taraxacum officinale) powder (leaf), Buchu (Agathosma betulina) powder (leaf), Hibiscus (Hibiscus sabdariffa) extract (4:1)(flower), Parsley extract (4:1)(herb), Cranberry (Vaccinium macrocarpon) powder (fruit), Grape Seed extract (95% proanthocyanidins), Juniper Berry powder		

†Daily Value not established

Other Ingredients: Soy bean oil, gelatin, purified water, beeswax, soy lecithin, glycerin, silicon dioxide, titanium dioxide and sodium copper chlorophyllin.

Contains: Soy

Usage Warnings: Do not use if safety seal is broken. Do not exceed recommended daily intake. Do not use if you are pregnant or nursing. Not intended for use by persons under 18 years of age. This product contains caffeine and may affect blood pressure and/or heart conditions. If you are under the care of a physician, please consult your physician before using this product. Consult your physician before using this product if you are taking heart medications, diuretics or have a medical condition. Do not use if you have an intestinal obstruction, hemorrhoids or other intestinal/digestive disorder. **KEEP OUT OF REACH OF CHILDREN.** This product is not intended to be used without breaks. Cascara Sagrada belongs to a family of plants containing compounds with laxative effects. With long-term use without breaks, this ingredient may interfere with diagnostic imaging procedures of the colon. Taking a break of 30 or more days between use cycles will help maintain natural regularity. Not intended for long-term use. 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: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication or have a medical condition.

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).

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

DISTRIBUTED, DOCTOR DEVELOPED and QUALITY TESTED by:
Applied Nutrition® P.O. Box 66457, Los Angeles, CA 90066

Questions: Contact Nutrition Support
Questions@AppliedNutrition.com

†A reduced calorie diet & exercise plan, plus tips on continued weight support, visit: www.AppliedNutrition.com/deplan

To join our Wellness Club and receive tips on how to improve your health, please visit us at:
www.AppliedNutrition.com/wellness1