

Directions: Adults take two (2) tablets twice daily with food. Do not exceed recommended dose. Use with a low-fat, reduced calorie diet and daily exercise program. As a reminder, discuss your diet and exercise plan and the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 tablets Servings Per Container 45

Amount Per Serving	% Daily Value	
Niacin (as chromium polynicotinate)	1 mg	5%
Selenium (as selenium rice chelate)	50 mcg	71%
Chromium (as chromium polynicotinate)	200 mcg	167%
Guggul Extract (resin)(standardized at 2.5% guggulsterones equal to 25 mg)	1,000 mg (1 g)	*
Gymnema Sylvestre Extract 40:1 (leaf) (standardized at 75% gymnemic acids equal to 112.5 mg)	150 mg	*
Coleus Forskohlii Extract (root) (standardized at 10% forskolin equal to 13 mg)	130 mg	*
alpha-Lipoic Acid	100 mg	*
D-Pinitol (3-0-methyl-D-chiro-inositol) (Ceratonia siliqua)(pod)	25 mg	*
Bitter Melon Extract 4:1 (fruit)	18.8 mg	*
* Daily Value not established.		

Other Ingredients: Cellulose, stearic acid, silica, magnesium stearate, cellulose & glycerin coating, vegetable glaze.

WARNING: Not for use by pregnant or nursing women. If you are diabetic or hypoglycemic, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Wheat, soy, gluten, milk, salt, sugar, preservatives or artificial color.

^{**} 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.