

1-000-9383-00

5-way

I recently purchased some pills that say they accelerate the natural fat burning process. Just wondering if they are healthy for you and if they are worth taking. They are called provida labs 5-way metabolic fat fighter.

Supplement facts for 2 tablets....

B1 1.5 mg

B2 1.7 mg

Niacin. 20mg

B6. 2mg

B12. 4mcg

Calcium. 300mg

Magnesium. 50 mg

Zinc. 15mg

Chromium. 100 mcg

Green tea extract 204 mg

Guarana extract. 63.75 mg