Directions: To assess tolerance, take 1 capsule 4 times per day with food on Day 1. Then follow the following dosing:

On TRAINING days: Take 2 capsules 30-60 minutes before workout followed by 2 capsules with your first meal post workout.

On NON-Training days: Take 1 capsule 4 times daily with meals. Spread doses throughout the day.

DUE TO EXTREME POTENCY DO NOT EXCEED MORE THAN 6 CAPSULES IN ANY 24 HOUR PERIOD. Do not take product for longer than 8 weeks without a subsequent 4 week break.

Warning: This product is only intended to be consumed by healthy adults 21 years of age or older. It is designed for healthy adults interested in bodybuilding. Pregnant or nursing women should not set his product. Consult with your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia but not limited to: high or low blood pressure, cardiac arrhythmia stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAD-6 hinbitor or any other medication. Discontinue use and immediately consult your healthcare professional riyou experience any adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing.

KEEP OUT OF REACH OF CHILDREN.

†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.



## Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 60

Amount Per Serving

Anacyclus pyrethrum DC (root) Extract

1600mg\*

\*Daily Value not established

Other Ingredients: Gelatin, Magnesium Stearate, Silicon Dioxide, Titanium Dioxide, FD&C Yellow #5, FD&C Blue #1.

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