

BODY FORTRESS® SUPER THERMO BLAST

Body Fortress® Super Thermo Blast is a cutting edge, multi-dimensional formula that can be used pre-workout, pre-competition or with meals for ultra concentrated thermogenic benefits.* Top ingredients are combined to form a highly potent concoction designed to support your metabolism.*

Pre-workout: The Thermo-Heat Blend helps jack up your mental focus and intensity for rep after grueling rep by kick starting thermogenesis.* The Thermo-Heat Blend also gets you physically ready by unlocking energy stores needed to fuel heavy lifting.*

Pre-competition: The combination of ingredients within the Neuro-Energy Blend and Thermo-Heat Blend combine to help you blow past your training goals and crush the competition by amping up your neuro-muscular system.*

With Meals: The Shredder Blend works with the Thermo-Heat Blend - further supporting the thermogenic effect of food consumption to support your metabolism.*

Directions: For adults, take three (3) softgels once daily 30-60 minutes before your workout or with a meal. Limit your use to no more than three (3) softgels in a 24-hour period. Begin with 1 softgel to assess individual tolerance. As a reminder, discuss the supplements and medications you take with your health care providers.

FREE OF: yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, artificial flavor, sodium (less than 5 mg per serving).

NOTICE: Use of this product may cause skin flushing, burning, itching, or rash. Do not take on an empty stomach.

*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.



BODY FORTRESS®

YOUR BODY. YOUR FORTRESS.®

Carefully Manufactured by
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For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com.

30 SERVINGS

BODY FORTRESS®

PRE-WORKOUT STIMULATOR*

SUPER THERMO BLAST

- CUTTING EDGE SHREDDING FORMULA
- SUPPORTS ENERGY LEVELS FOR INTENSE WORKOUTS*

DIETARY SUPPLEMENT

90 SOFTGELS

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 30

Amount Per Serving	%Daily Value
Calories	15
Calories from Fat	10
Total Fat	1 g 2%**
Polyunsaturated Fat	0.5 g ***
Monounsaturated Fat	0 g ***
Total Carbohydrate	<1 g <1%**
Niacin	11 mg 55%

Thermo-Heat Blend	780 mg ***
Caffeine	292 mg ***
Green Tea Extract (<i>Camellia sinensis</i>) (leaf) (Standardized to contain 45% EGCG)	200 mg ***
White Willow (<i>Salix alba</i>) (bark) (Standardized to contain 15% Salicin), White Quebracho (<i>Aspidosperma quebracho-blanco</i>) (bark) (Standardized to contain 0.015% Alkaloids), Evodia Extract (<i>Euodia ruticarpa</i>) (fruit) (Standardized to contain 10% Evodiamine)	

Neuro-Energy Blend	178 mg ***
Xanthinol Nicotinate, Codonopsis Extract (<i>Codonopsis pilosula</i>) (root), Indian Elecampane Extract (<i>Inula racemosa</i>) (root) (Standardized to contain 2% Alantolactones), Ginkgo Biloba Extract (<i>Ginkgo biloba</i>) (leaf), Gotu Kola Extract (<i>Centella asiatica</i>) (leaf), Huperzine (<i>Huperzia serrata</i>) (clubmoss) (Standardized to contain 1% Huperzine A), Phosphatidylserine	

Amount Per Serving %Daily Value

Shredder Blend	145 mg ***
Cayenne Pepper (<i>Capsicum annuum</i>) (fruit), Sesame Oil (<i>Sesamum indicum</i>) (seed), Inositol Hexaphosphate, Hoodia Gordonii (<i>Hoodia gordonii</i>) (leaf), Yohimbine (<i>Pausinystalia yohimbe</i>) (bark), Cnidium Extract (<i>Cnidium monnieri</i>) (fruit) (Standardized to contain 2% Osthole), Bioperine® Black Pepper Extract (<i>Piper nigrum</i>) (fruit)	

**Percent Daily Values based on a 2,000 calorie diet.
***Daily Value not established.

Other Ingredients: Soybean Oil, Gelatin, Glycerin, Soy Lecithin, Yellow Beeswax, Titanium Dioxide Color, FD&C Red No. 40, FD&C Yellow No. 6.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to aspirin, if you have liver or kidney disease, or high blood pressure. Discontinue use and consult your doctor if any adverse reactions occur. This product contains caffeine. Avoid additional consumption of caffeine, which may intensify adverse effects. Not intended for use by persons under the age of 18.

KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE. TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

