

Suggested Use: Take 1 capsule daily with meals. Can be taken throughout the day or as directed by a health professional.

Store in a cool, dry place with the lid tightly closed. Keep out of reach of children.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication or have a medical condition.

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.

Formulated by and manufactured for
Kent Holtorf, M.D. and
The Holtorf Medical Group®
Torrance, CA 310-375-2705
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WO-1080-CPN-1 EXP: MAR-14

Holtra**Ce**uticals™



Plan B4 Food

Dietary
Supplement

Inhibits the Absorption of Dietary Carbs and Fat

60 Capsules

HOLTORF MEDICAL GROUP®

CENTERS FOR HORMONE IMBALANCE, HYPOTHYROIDISM AND FATIGUE

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

	Amount Per Serving	%DV
Synetrim® CQ	150 mg	*

* Daily Values not established.

Other ingredients: Micro Crystalline Cellulose (USP), vegetable capsule (cellulose, purified water).

No artificial colors, no artificial flavors, no milk or milk derivatives, no preservatives, no sodium.