

Suggested Use: Adults one/two tablets with 8 ounces of water three times daily on an empty stomach, or five minutes before a meal. *Keep tightly closed in a cool, dry place, away from direct heat and light. Keep out of reach of children.*

• **Super Fat Fighter Formula:** Proper functioning of the intestinal tract depends upon the presence of adequate dietary fiber. Only Natural's Super Fat Fighter provides a balance of crude and dietary fibers which include gums, pectins, hemicellulose and polysaccharides derived from grain, fruit and vegetable sources. The dietary fiber of soluble fiber such as nopal, flaxseed, hoodia, oat bran, psyllium, glucomannan and pectin promotes metabolism of fats & may decrease cholesterol absorption. This natural bulk producing combination of fibers helps promote normal elimination in a natural manner. In addition, the Super Fat Fighter Formula has been combined with enzymes, minerals, and acidophilus - all necessary in helping maintain a healthy intestinal tract.

The Super Fat Fighter will help give a "fiber-generated" full feeling, while increasing the nutritional value of your diet program by adding additional fiber to the diet.

This product obtains best results when taken conjunction with Only Natural Dieter's Tea.

NOTICE: This product contains Cascara Sagrada and Aloe Vera. Read and follow directions carefully. Do not use if you have or developed diarrhea, loose stools, or abdominal pain because Cascara Sagrada and Aloe Vera may worsen these conditions and be harmful to your health.

Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition

Only Natural, Inc.,
Island Park, NY 11558 U.S.A.
The Exclusive Distributor of
Only Natural supplements.
www.onlynaturalinc.com

Hoodia
Chromium Picolinate

ESTABLISHED 1986
ONLY NATURAL

L-Carnitine
Choline Bitartrate

SUPER FAT FIGHTER™

NOPAL LEANER FORMULA

SUPER CORTA GRASA

Nopal Leaner Formula con Linaza Plus

INCLUDES:

- Nopal
- Flax Seed
- 10 Fibers
- Acidophilus
- Omega 3-6-9

90 TABLETS

NO SUGAR, STARCH, SALT OR YEAST ADDED



Supplement Facts

Serving Size 3 Tablets

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	1	Cascara Sagrada Extract	300 mg **
Calories from fat	0	Lecithin	50 mg **
Protein	<1%*	Spirulina	25 mg **
Carbohydrates	<1%*	Aloe Vera	
Total Dietary Fiber	<3.0 grams	(Freeze Dried Conc. 1:200)	
Sodium	0	equivalent to 3000 mg of	
Nopal (Opuntia Ficusindica)	500 mg **	Aloe Vera Inner Gel)	10 mg **
Flaxseed	500 mg **	L-Acidophilus	
Oat Bran Concentrate	500 mg **	(Non-Milk Source)	250,000 Ct **
Rice Bran Concentrate	500 mg **	Bromelain 600 GDU	10 mg **
Psyllium Seed Husks		Choline Bitartrate	15 mg **
(Plantago Ovata)	500 mg **	Inositol	15 mg **
Apple Pectin	125 mg **	Chromium Picolinate	15 mcg 12.5%
Glucomannan		Calcium (as Carbonate)	10 mg 1%
(Amorphophallus Konjac)	75 mg **	Potassium (as Citrate)	10 mg 10%
Carrot Fiber	75 mg **	L-carnitine	15 mg **
Beet Fiber	75 mg **	Coenzyme Q-10	250 mcg **
Hoodia	50 mg **		

** Daily Value not established *Percent daily value (DV) are based on a 2000 calorie diet

- KEEP OUT OF THE REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if seal is broken or damaged.
- When using nutritional supplements, please inform your physician if you are under going treatment for a medical condition or if you are pregnant or lactating.