

Directions: As a dietary supplement, take two capsules 30 minutes before breakfast, and another two capsules 30 minutes before lunch. If you prefer, you may take 2 capsules 30 minutes before supper in place of breakfast or lunch. Take with 8 ounces of water.

Viva Carb-Arrest is the ultimate dietary supplement for helping to reduce the absorption of unwanted, excess calories from dietary starch and fat. In addition, Carb-Arrest may help reduce appetite. Carb-Arrest may assist in weight control when used in conjunction with a sensible diet and exercise program.[†]

No gluten, sugar, salt, starch, corn, wheat, lactose, citrus, milk, egg, fish products, artificial coloring, flavoring, or preservatives added.

Store in a cool, dry place. Do not refrigerate. Please recycle.

KEEP OUT OF THE REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

[†] These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Best if used by:

LOSE IT YOUR WAY



• FITNESS •

CARB-ARREST™

"Lose It Your Way"



May help reduce the absorption
of calories from dietary starch
& fat[†]

120 veggie caps
dietary supplement

Supplement Facts

Serving Size: 4 Capsules Servings Per Container: 30

	Amount Per Serving	%DV
Kidney bean extract (Phase 2® white kidney bean extract) (Phaseolus vulgaris L., dried bean)	1000 mg	†
Gymnema sylvestre extract (leaf) [standardized for 25% gymnemic acid (125 mg)]	500 mg	†
Citrin® Garcinia cambogia extract (fruits) [Standardized for 50% (-) hydroxycitric acid (250 mg)]	500 mg	†
Chitosan (90% deacetylated chitin)	500 mg	†

* %Daily Value (DV) has not been established.

Other Ingredients: Vegetable cellulose and
magnesium stearate.

Citrin® is a registered trademark of Sabinsa Corporation.

Phase 2® is a trademarked material of Pharmachem
Laboratories, Inc.