

Release Supplement™ Fact Sheet

DOSAGE AND DIRECTIONS FOR USE

Dosage: Take 1 softgel 3 times daily with meals.

Important:

- Take during the middle of the meal and not before the meal. Never take Release™ on an empty stomach as it may cause low blood sugar.
- While there are no known side effects it is not recommended to take more than 3 Release™ supplements per meal or 9 per day.

Dosage Protocol and Options:

The dosage can be adjusted depending on your requirements. For example, if you only need to lose 10 to 20 pounds you could eliminate the evening dose and potentially the lunch dosage as well. If you are losing more than 4 pounds per week eliminate the dosage at breakfast and then at lunch as well if you are still losing too much weight. For stress reduction take an additional Release with breakfast and lunch or lunch and dinner depending on the most stressful part of your day. If you suffer from hunger and cravings or tend to emotionally eat later in the afternoon or after dinner take an additional Release with lunch and/or dinner. If you have a lot of belly fat and a waist circumfer-

Supplement Facts		
Serving Size 1 Softgel		
Servings Per Container 90		
	Amount Per Serving	% Daily Value
Magnesium (as magnesium oxide)	30mg	8%
Zinc (as zinc oxide)	5mg	33%
Chromium (as Chromium Piccolate Glycinate)	70mcg	58%
Proprietary Blend	405mg	
Banaba Extract (Lagerstroemia speciosa, leaf)	**	
Inositol	**	
Rhodiola Extract (Rhodiola rosea, root)	**	
Berberine HCl (from Berberis Vulgaris)	**	
Gardenia Extract (Gardenia jasminoides, fruit)	**	
Salacia Extract (Salacia reticulata, bark)	**	
Apple Extract (Malus pumila, fruit)	**	

Other Ingredients: Organic flaxseed oil, gelatin capsule (gelatin, glycerin, purified water, annatto), sunflower lecithin, yellow beeswax. This product does not contain soy, gluten, dairy, eggs, fish, shellfish, tree nuts, peanuts or wheat.

** Daily value not established

ence of 40" or more for men or 35" for women you may consider taking an extra Release with lunch and dinner for the first 30 days to kickstart efforts. If you know you are going to be exposed to a high carb meal or going to a social event take 2 Release supplements before the meal. If you are eating a good meal during the day to compensate for fasting or a 4 plus hour gap between meals take a Release supplement with the meal. Once you get close to your goal weight and you goal weight you can phase out the supplement and use only as needed to maintain

DOSAGE PROTOCOL AND OPTIONS	BREAKFAST	LUNCH	DINNER
Normal Dosage	1	1	1
Under 20 lbs to lose	1	1	0
Losing too much weight (over 4lbs. week)	0	1	1
High Stress In morning	2	1	1
High Stress In afternoon-evening	1	1	2
Emotional Eater In afternoon-evening	1	1	2
Kickstart	1	2	2
Maintenance	1	0	0

Warning: Always consult your doctor or health care provider before beginning GOLO® or any weight loss or exercise program, particularly if you are taking any medication or have any type of medical condition. GOLO is not intended to diagnose, treat, cure or prevent any disease. Do not reduce or stop any prescription medication without first consulting with your doctor or health care provider. SEE WARNINGS ON NEXT PAGE.

