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Suggested Usage: As a dietary supplement, adults take 1 capsule with 8 ounces of pure water one half hour to one hour before each meal or as directed by your healthcare professional.

WARNING: If you are pregnant, nursing, or have diabetes or any other medical condition for which you are under the care of a physician, consult your doctor before using this product.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.



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Gluten-free, Non-GMO

Contents may not fill bottle in order to accommodate required labeling. Please rely on stated quantity.

Formula # 202307

Nature's Diet Caps+Herbs®

Dietary Supplement



90 Capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

	Amount Per Serving	%DV
Chromium.....	100 mcg	83%
(from Chromium Polynicotinate) ChromeMate®		
Garcinia cambogia extract (fruit).....	500 mg	*
supplying: SuperCitrimax®		
(-) hydroxycitric acid (HCA)	300 mg	*
Proprietary Herbal Blend	200 mg	*
Green Tea Extract(Leaf/Shoot), <i>Eleutherococcus senticosus</i> (root), Cayenne (Fruit), Gotu Kola (aerial parts), Beet Powder (root), Fo-Ti (<i>Polygonum multiflorum</i> , root), Wood Betony (Leaf/Stem), Guarana Extract (Seed) and Kola Nut Extract (Roasted Seed)		

*Daily Value (DV) not established.

Other ingredients: Gelatin [capsule], cellulose, silica and vegetable stearate.

Manufactured by: Douglas Laboratories
600 Boyce Road, Pittsburgh, PA 15205
www.douglaslabs.com 1.800.245.4440