


1 CAP PER 25 LBS
FULL DOSAGE


ANY BEVERAGE
TAKE WITH


1-2X DAILY
USAGE

Directions: Take one capsule per 50 pounds of body weight 15 minutes prior to training. If well tolerated, **add one capsule per use** until reaching one capsule per 25 pounds of body weight.

FIRST TIME USE			FULL DOSAGE USE		
100 pounds	=	 2 caps	100 pounds	=	 4 caps
150 pounds	=	 3 caps	150 pounds	=	 6 caps
200 pounds	=	 4 caps	200 pounds	=	 8 caps
250 pounds	=	 5 caps	250 pounds	=	 10 caps

FORGE'S unique formulation is made specifically for use with fasted training and it helps you lose fat—and “stubborn” fat in particular—faster; it reduces exercise-induced muscle damage and improves post-workout recovery; and it increases focus while training.[†]

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



FORGE

CLINICALLY EFFECTIVE INGREDIENTS AND DOSAGES

PRE-WORKOUT FAT BURNER[†]



PRESERVE MUSCLE[†]



LOSE FAT[†]



SHARPEN FOCUS[†]

180 VEGETARIAN CAPSULES | 45 SERVINGS

DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 4 Capsules
Servings Per Container: 45

	Amount Per Serving	%DV*
Calcium	338 mg	34%
Calcium β -hydroxy- β -methylbutyrate (HMB)	2.5 g	**
Citicoline	250 mg	**
Yohimbine HCL	10 mg	**

*Percent Daily Values (DV%) are based on a 2000 calorie diet.
**Daily Value not established

OTHER INGREDIENTS: Hypromellose, Magnesium Stearate, Medium Chain Triglycerides, Silicon Dioxide, Microcrystalline Cellulose

WARNING: Not intended for use by persons under the age of 18. Do not exceed recommended dose. Consult your physician prior to use if you are pregnant or nursing, or if you are at risk, have been diagnosed, or are being treated for high blood pressure, heart, kidney, or thyroid, anxiety, depression, seizure disorder, or stroke. **KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL DRY PLACE AND AVOID EXCESSIVE HEAT.**

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