

Esmondnatural  Integrated health

**DIRECTIONS:**

For adults, take one (1) capsule three times daily, preferably after a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

**KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.**

**TAMPER RESISTANT:** DO NOT USE IF IMPRINTED SEAL UNDER CAP IS BROKEN OR MISSING.

**WARNING:** If you are taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**MANUFACTURED BY:**  
ESMOND NATURAL, INC.  
IRWINDALE, CA 91706 USA  
MADE IN USA

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



6 41399 78171 4

MADE IN USA



# BITTER MELON COMPLEX



**60 Capsules**

Help regulate blood sugar\*

Dietary Supplement

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving	% Daily Value
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg 100%
Iodine (from Kelp)	50 mcg 33%
Manganese (as Manganese Sulfate)	0.75 mg 38%
Proprietary Blend (Fenugreek Seed, Juniper Berry, Green Tea Leaf Extract (50% Polyphenols, 30% Catechins, 15% EGCG), Dandelion Root, Licorice Root, Mullein Leaf, Bilberry Fruit Extract 4:1, Goldenseal Root, Schizandra Fruit, Guar Gum, Horseradish Root, Spirulina algae (Platensis), Uva Ursi Leaf Extract 4:1, Cayenne Pepper Fruit, Glycine, GABA (Gamma aminobutyric acid))	528mg *

+Percent Daily Values are based on a 2,000 calorie diet.  
\*Daily Value not established.

**OTHER INGREDIENTS:**  
Gelatin (capsule), Rice Flour, Magnesium Stearate, Silica.