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

**Warning:** If you are pregnant, or nursing, or if you are taking prescription medication, consult your health professional before using this product.

<sup>†</sup>As part of a healthy lifestyle involving consistent, moderate dietary restriction and regular exercise

**CHROMEMATE** ChromeMate® and Super Citrimax® are registered trademarks of InterHealth N.I.

**KEEP OUT OF THE REACH OF CHILDREN.**

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



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**Gluten-free, Non-GMO**

<sup>†</sup>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.

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

Formula #202306 V2

# Nature's Diet Caps+ HCA with Chromium

## Dietary Supplement

Supports macronutrient metabolism for healthy weight management<sup>††</sup>



90 Capsules

## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 90

	Amount Per Serving	%DV
Chromium.....	100 mcg	286%
[as chromium polynicotinate, ChromeMate®]		
Garcinia [ <i>Garcinia cambogia</i> , dried fruit rind, Super CitriMax®]	500 mg	*
Supplying:		
Hydroxycitric Acid (HCA).....	300 mg	*

\*Daily Value (DV) not established

Other ingredients: Gelatin (capsule), vegetable stearate and magnesium silicate

Manufactured by: Douglas Laboratories  
600 Boyce Road, Pittsburgh, PA 15205  
[www.douglaslabs.com](http://www.douglaslabs.com) 1.800.245.4440