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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. Take with food. If you have liver problems, consult your health professional before use.

†As part of a healthy lifestyle involving consistent, moderate dietary restriction and regular exercise.

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CHROMEMATE 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

†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 #202307 V2

Nature's Diet Caps+Herbs®

Dietary Supplement

Traditional support for healthy weight management**



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.....	500 mg	*
rind, SuperCitrimax®)		
Supplying:		
Hydroxycitric Acid (HCA).....	300 mg	*
Proprietary Herbal Blend	200 mg	*
Green Tea Extract (<i>Camellia sinensis</i> , leaf), <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 (<i>Cola acuminata</i> , seed)		

*Daily Value (DV) not established

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

Manufactured by: Douglas Laboratories
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www.douglaslabs.com 1.800.245.4440