



Full Disclosure Ingridient Panel

DIRECTIONS: (Adult) Take three (3) Liquid Soft-Gels before and three (3) Liquid Soft-Gels after your regular workout and with a full glass (8oz) of water. If caffeine keeps you up at night, do not take this product in the evening since it contains a small amount of caffeine.

Supplement Facts

Serving Size: 3 Liquid Soft-Gels

Servings per Container: 20

	Amount per Serving	% Daily Value
Calories	25	
Total Fat	2 g	3%**
Saturated Fat	1 g	5%**
Cholesterol	5 mg	2%**
Total Carbohydrates	1 g	<1%**
Protein	2 g	
Vitamin D3 (as Cholecalciferol)	25 mcg (1000 IU)	125%
Chromium (as Chromium Picolinate)	100 mcg	206%
Fish Oil (18% EPA, 216 mg, 12% DHA, 144 mg)	1200 mg	†
Medium Chain Triglyceride (MCT) Oil	600 mg	†
L-Leucine	500 mg	†
Sinetról® - Xpur C1 (blend of Grapefruit (<i>Citrus grandis</i> L. Osbeck) and (<i>Citrus paradisi</i> Macrad) extract (fruit), Guarana (<i>Paullinia cupana</i> Kunth) extract (seed), Sweet Orange extract and Blood Orange juice concentrate (<i>Citrus sinensis</i> L. Osbeck) (fruit)) (3.5% caffeine, 11 mg)	315 mg	†
L-Isoleucine	250 mg	†
L-Valine	250 mg	†
Acetyl-L-Carnitine (as Acetyl-L-Carnitine Hydrochloride)	150 mg	†
Schisandra (<i>Schisandra chinensis</i>) extract (2% schisandrins, 2 mg)(fruit)	100 mg	†
Cordyceps (<i>Cordyceps sinensis</i>) extract (7% cordycepic acid, 3.5 mg)(fungi)	50 mg	†
BioPerine Complex BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)	3 mg	†

**% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, beeswax, soy lecithin, annatto (color), titanium dioxide (color), St. John's bread (arabid)(color) and turmeric (color).

Contains: Fish (anchovy, sardine), Soy, Tree Nuts (coconut, palm kernel)

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Sinetról is a registered trademark of Fytessa.

No preservatives added.

Usage Warnings: Do not use if safety seal is broken. This product contains an ingredient that may affect blood sugar. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

***This product's label has been updated to add New Nutrition Labeling, but the formula has not changed. Customers may still receive product with the original label after 1/1/2020.