

HUM[®]



BEAUTY STARTS FROM WITHIN

COUNTER CRAVINGS[™]

manages stress-eating
and boosts metabolism

forskolin, chromium, L-theanine

DIETARY SUPPLEMENT
60 VEGAN CAPSULES

Snacking as a stress response?

Counter Cravings[™] contains a combination of plant extracts including forskolin from the coleus plant and fucoxanthin, a seaweed extract to help reduce stress-induced cravings and maintain a healthy weight. Chromium boosts metabolism and balances blood sugar levels while L-theanine helps to boost mood.

- ✓ Pure & Potent Nutrients
- ✓ Non-GMO
- ✓ Gluten-Free
- ✓ Sustainably Sourced
- ✓ No Artificial Colors or Preservatives

RECOMMENDED BY
LEADING
NUTRITIONISTS

take 1 capsule
twice a day

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

SUPPLEMENT FACTS

Serving Size: 1 capsule

Servings per Container: 60

	AMOUNT PER SERVING	% DAILY VALUE
Coleus forskohlii Extract Powder (standardized to 10% forskolin)	250 mg	**
Forskolin (from Coleus forskohlii extract)	25 mg	**
L-Theanine	200 mg	**
Chromax [®] Chromium (as chromium picolinate)	800 mcg 100 mcg	** 286%
Brown Seaweed (Laminaria japonica) Extract (standardized to 10% fucoxanthin)	15 mg	**
Fucoxanthin (from Laminaria japonica extract)	1.5 mg	**

**Daily Value not established

Other Ingredients: cellulose (capsule), ascorbyl palmitate, and rice flour.

Contains NO: wheat, gluten, soy, milk, egg, fish, crustacean shellfish, peanuts, artificial colors, flavors or preservatives.
Vegan Product.

MANUFACTURED FOR HUM NUTRITION
LOS ANGELES, CA 90069 (888) 647-8880
MADE IN THE USA

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place. Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating.



V1.0