Warning: Do not exceed recommended dose listed. This product is not intended for use by any persons under age 18, who are pregnant or lactating, or have serious medical conditions. All persons should consult a physician before using dietary supplements, as individuals may have different supplement needs. Consumption of this product that is inconsistent with recommended usage may produce adverse side effects. Discontinue use and contact physician immediately if you experience any adverse effects.

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

www.lmWellthy.com

Distributed by: MetCon Nutrition, LLC 6965 S. Rainbow Blvd Ste 100, Las Vegas, NV 89118 (888) 833-3245

















Suggested use: Take 3 capsules

with a meal and at

least 8oz of water

for daily health

and wellness.\*

FOR COMPLETE WELLNESS TAKE WI

sweat

Fat Burner &

Thermogeni

focus

Increase Cognit

Function

revive Adrenal Gland

## **Supplement Facts**

Serving Size: 3 Capsules Servings per Container: 30

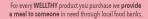
TH:	Vitamin A (as beta carotene)	3750iu	75%
	Vitamin D (as cholecalciferol)	150iu	37.5%
	Vitamin E (as dl-alpha-Tocopheryl Acetate)	11.25iu	37.5%
	Biotin	5000mcg	1,667%
	Folic Acid	300mcg	75%
	Vitamin B3 (as niacinamide)	7.5mg	37.5%
	Vitamin B5 (as d-calcium d-pantothenate)	3.75mg	37.5%
re	Vitamin B1 (as thiamin HCL)	.5625mg	37.5%
	Vitamin B12 (as cyanocobalamin)	9mcg	150%
	Vitamin B2 (as riboflavin)	1.275mg	75%
	Vitamin B6 (as pyridoxine hcl)	10mg	500%
	Vitamin C (as ascorbic acid)	100mg	160%
k t	Calcium (as calcium carbonate)	375mg	37.5%
	Iodine (as potassium iodide)	56.25mg	37.5%
	Iron (as reduced iron ferrous)	13.5mg	37.5%
	Magnesium (as magnesium oxide)	150mg	37.5%
	Zinc (as zinc oxide)	10mg	66%
	Selenium (as TRAACS® selenium glycinate complex)	50mcg	71%

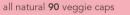
Amount per Serving %DV\*\*

145ma

\*\*Percent Daily Values are based on a 2000 calorie diet. † Daily Value not established

Hair Skin and Nail support: L-Cysteine, Hyaluronic acid. Horsetail Rush. Turmeric, ALA









Other Ingredients: Micro Crystalline Cellulose, Silicon Dioxide, Magnesium Stearate and Vegetable Cancules