suggested use For energy and metabolic support, consume one or two capsules with food. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multivitamin-mineral formula. For questions about the use of this product call 800.332.7799.

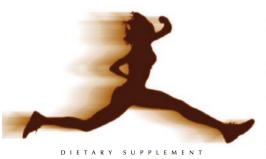
NOTE This product contains a small amount of natural caffeine-related compounds and is not intended for children or those sensitive to caffeine. Pregnant or nursing women and those with a medical condition should consult a healthcare professional before use.





## ENERGY & FAT METABOLISM FACTORS

COMPREHENSIVE NUTRIENT SUPPORT
PROMOTES OPTIMUM METABOLIC ACTIVITY



360 Easy-to-Swallow Capsules

**ALL-SOLAR** 

MANUFACTURING

**PROCAPS** 

Andrew Lessman's ENERGY AND FAT METABOLISM FACTORS is designed to safely enhance energy levels and promote fat burning metabolism while also providing a general sense of well-being. Most importantly, unlike typical formulas, it does so without deceptive or harmful ingredients. This formula's comprehensive fat-burning support begins with optimum levels of **B-Complex Vitamins**, along with trace minerals such as **Chromium**, as well as all-important **Carnitine**, without which, no fat could be transported or burned. This formula also includes Lysine and Vitamin C to further support your body's internal production of essential Carnitine. We also provide extracts of Green Tea and Guarana as mild, natural sources of caffeine-related compounds. These botanicals have a long history of traditional use to enhance energy and well-being. To further combat fatigue and promote feelings of well-being, we also include standardized extracts of the adaptogenic herbs, Panax Ginseng, Eleutherococcus, and Ashwagandha. These plant extracts have long been used to support the body's ability to adapt and recover from physical and mental stress, such as diet, exercise and weight-loss. These nutrients and extracts can help us compensate for the natural slowing of our body's metabolism and the fatigue that occurs when we diet, exercise and reduce our caloric intake. We also include the branched chain amino acids Leucine, Isoleucine and Valine because of their role in preserving lean muscle tissue during exercise. In short, our Energy and Fat Metabolism Factors supplies natural tools to help you safely maximize your weight-loss potential when you have made the commitment to lose weight via a sensible regime of diet and exercise. 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. CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color,

preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

## Supplement Facts

Serving Size 2 Capsules Servings Per Container 180			
Amount Per Serving			%DV*
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	60	mg	67%
Vitamin B1 (as thiamin hydrochloride)	5	mg	417%
Vitamin B2 (as riboflavin)	5	mg	385%
Niacin (as niacinamide/chromium nicotinate)	5	mg	31%
Pantothenic Acid (as calcium pantothenate)	20	mg	400%
Vitamin B6 (as pyridoxine hydrochloride)	5	mg	294%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	50	mcg	2,083%
Chromium (as chromium nicotinate)	50	mcg	143%
Green Tea, extract (leaf) standardized to 25% polyphenols/20% caffeine	500	mg	†
L-Carnitine (as acetyl-L-carnitine hydrochloride)	200	mg	†
Guarana, extract (seed) standardized to 22% caffeine	100	mg	†
L-Lysine Hydrochloride	50	mg	t
Ashwagandha, extract (root) standardized to 7% withanolides/1% alkaloids	40	mg	†
Asian Ginseng (Panax ginseng), extract (leaf) standardized to 20% ginsenosides	40	mg	†
Eleuthero, extract (root) standardized to 0.8% eleutherosides	40	mg	†
Branched Chain Amino Acid Complex (leucine, isoleucine, valine)	30	mg	t
Boron (as boron glycinate)	100	mcg	†
* %DV are based on a 2,000 calorie diet. † DV not e	establis	hed.	

Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.