

ABOUT GDA+ & SUGGESTED USE

Basically – the MORE fat and carbohydrates you consume during a meal, the MORE GDA+ capsules you will need to take. Below is a sample chart demonstrating how much GDA+ you'll need to take based on the number of calories (grams) of food you intend on eating.

CARBOHYDRATES PER MEAL	FATS PER MEAL	20-30 MINUTES BEFORE MEAL
45-64 grams (180-250 calories)	8-15 grams (70-135 calories)	2 CAPSULES
65-84 grams (250-340 calories)	16-24 grams (145-216 calories)	3 CAPSULES
85+ grams (350+ calories)	25+ grams (225 calories)	4 CAPSULES

WHEN NOT TO TAKE GDA+: There is no need to take GDA when consuming a meal with protein and vegetables (low or no carb/fat meal). There is nothing in your body for it to block hence, a waste of money.

WARNING: Consult with a physician prior to use if you have a medical condition. Don't use if pregnant or lactating. KEEP OUT OF REACH OF CHILDREN. KEEP CONTAINER TIGHTLY CLOSED IN A COOL, DRY AND DARK PLACE.

† 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.

 **BioPERINE®**
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Manufactured specifically for Axe & Sledge Supplements
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GLUCOSE DISPOSAL AGENT

GDA+

FOR THE HARDEST WORKERS IN THE GYM



90 CAPSULES | Dietary Supplement

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 45

	Amount Per Serving	%DV
FAT BLOCKING COMPLEX:	625 mg	**
LipoSan Ultra® Chitosan (from shellfish)	500 mg	**
Prickly Pear Leaf	75 mg	**
Cinnamon Bark Extract 4:1	50 mg	**
CARBOHYDRATE BLOCKING:	400 mg	**
White Kidney Bean (phaseolus vulgaris) Extract	250 mg	**
Garcinia Cambogia (fruit rind) Extract (standardized to 50% HCA)	75 mg	**
Glucomannan (from Konjac Root) (Amorphophallus konjac)	75 mg	**
ENZYME BLEND:	50 mg	**
Amylases, Lactase, Proteases, Lipase, Cellulase (DigeSEB™)		
GS4 PLUS® (75% Gymnemic Acids)	400 mg	**
Black Pepper Extract (Piper nigrum)(fruit)(Bioperine®)	5 mg	**

* Percent Daily Values are based on a 2000 calorie diet.

** Daily value (DV) not established.

Other Ingredients: Cellulose, Magnesium Stearate, Silicon Dioxide, Gelatin, FD&C Yellow #5, FD&C Yellow #6 and Titanium Dioxide.