SUGGESTED USE: 4 capsules daily preferably with meals or as directed by a healthcare professional. For best results, take 2 capsules with 8 ounces of water before breakfast and again before dinner. This product should be used in conjunction with a sensible diet and exercise program.

caution: Do not exceed recommended dose. Avoid taking this product in conjunction with other dietary supplements which contain high levels of elemental chromium. This product is not intended for pregnant or nursing mothers or children under the age of 18. If you are diabetic, or have a known medical condition, consult your physician prior to taking this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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.

Distributed by:

Elevate Recovery Supplements, LLC
8700 Stonebrook Parkway # 2112
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POST PREGNANCY SUPPOR 30-DAY CAFFEINE FREE FORMULA



Supplement Facts

Serving Size 4 Capsules Servings Per Container: 30

Amount Per Serving	%Daily	/ Value
Vitamin C (ascorbic acid)	60 mg	100%
Vitamin B-6 (pyridoxine HCI)	25 mg	1250%
Chromium (picolinate)	200 mcg	167%
GLA (Gamma-Linolenic Acid)	100 mg	*
CLA (Conjugated Linolenic Acid)	50mg	*
Bladderwrack (algae powder)	50mg	*
Choline Bitartrate	500 mg	*
Inositol	500 mg	*
Gymnema sylvestre Leaf Powder	100 mg	*
Garcinia cambogia (50% HCA) (fruit) 200 mg	•
L-Carnitine (as tartrate)	25mg	*
Turmeric Root (95% extract)	25mg	*
Coenzyme Q10	5mg	*
Proprietary Blend	1,003 mg	*
Consisting of: Kelp Powder, Spiruli L-Phenylalanine, L-Tyrosine, L-Methi Psyllium Husk Powder, Uva Ursi Lea Berry Powder, Buchu Leaf Powd	na Algae F onine, Bro of Powder,	melain, Juniper

*Daily Value not established.

Fruit Powder & Grapefruit Fruit Powder.

Other ingredients: Gelatin (bovine), vegetable magnesium stearate and silicon dioxide.

Powder, Allspice, Cinnamon Bark Powder, Cranberry

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.