

BODY FORTRESS® SUPER THERMO BLAST

Body Fortress® Super Thermo Blast is a cutting edge, multi-dimensional formula that can be used pre-workout, pre-competition or with meals for ultra concentrated thermogenic benefits.* Top ingredients are combined to form a highly potent concoction designed to support your metabolism.*

Pre-workout: Our formula helps jack up your mental focus and intensity for rep after grueling rep by kick starting thermogenesis.* The Thermo-Heat Blend also gets you physically ready by unlocking energy stores needed to fuel heavy lifting.*

Pre-competition: The combination of ingredients within Super Thermo Blast combine to help you blow past your training goals and crush the competition by amping up your neuro-muscular system.*

With Meals: On non-workout days, each 3 softgel serving can be taken with your largest meal of the day for metabolic support.*

Directions: For adults, take three (3) softgels once daily 30-60 minutes before your workout or with a meal. Limit your use to no more than three (3) softgels in a 24-hour period. Begin with 1 softgel to assess individual tolerance. As a reminder, discuss the supplements and medications you take with your health care providers.

FREE OF: yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, artificial flavor, sodium (less than 5 mg per serving).

*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.



BODY FORTRESS®

YOUR BODY. YOUR FORTRESS.®

Carefully Manufactured by
Healthwatchers (DE), Inc.
Bohemia, NY 11716 U.S.A.
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For more information on other Body Fortress® products or for complete training and nutrition programs, visit
www.bodyfortress.com.

30 SERVINGS

BODY FORTRESS®

PRE-WORKOUT STIMULATOR*

SUPER THERMO BLAST

- > CUTTING EDGE SHREDDING FORMULA
- > MAXIMIZE ENERGY LEVELS*

DIETARY SUPPLEMENT

90 SOFTGELS

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 30

Amount Per Serving	%Daily Value
Calories	20
Calories from Fat	10
Total Fat	1.5 g 2%**
Total Carbohydrate	<1 g <1%**
Niacin	21 mg 105%

Thermo-Heat Blend	680 mg	***
Caffeine	280 mg	***
Green Tea Extract	200 mg	***

(*Camellia sinensis*) (leaf)

(Standardized to contain
45% EGCG, 90 mg)

White Willow (*Salix alba*) (bark), White
Quebracho Extract (*Aspidosperma
quebracho-blanco*) (bark), Evodia Extract
(*Euodia ruticarpa*) (fruit)

Neuro-Energy Blend	216 mg	***
Xanthinol Nicotinate, Codonopsis Extract (<i>Codonopsis pilosula</i>) (root), Indian Elecampane Extract (<i>Inula racemosa</i>) (root), Gotu Kola Extract (<i>Centella asiatica</i>) (whole plant), Ginkgo Biloba Extract (<i>Ginkgo biloba</i>) (leaf), Huperzine Extract (<i>Huperzia serrata</i>) (whole plant), Phosphatidylserine		

Amount Per Serving	%Daily Value
Shredder Blend	204 mg ***
Sesame Oil (<i>Sesamum indicum</i>) (seed), Cayenne Pepper (<i>Capsicum spp.</i>) (fruit), Hoodia Gordonii (<i>Hoodia gordonii</i>) (aerial), Inositol Hexaphosphate, Yohimbine HCl Extract (<i>Pausinystalia johimbe</i>) (bark), Bioperine® Black Pepper Extract (<i>Piper nigrum</i>) (fruit)	

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Other Ingredients: Soybean Oil, Gelatin, Glycerin.
Contains <2% of: FD&C Red No. 40, FD&C Yellow No. 6,
Soy Lecithin, Titanium Dioxide Color, Yellow Beeswax.
Contains soy ingredients.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to aspirin, if you have liver or kidney disease, or high blood pressure. Discontinue use and consult your doctor if any adverse reactions occur. This product contains caffeine. Avoid additional consumption of caffeine, which may intensify adverse effects. Not intended for use by persons under the age of 18.

KEEP OUT OF THE REACH OF
CHILDREN. STORE AT ROOM
TEMPERATURE, TIGHTLY
CLOSED AND AVOID EXCESSIVE
HEAT. FOR YOUR PROTECTION,
DO NOT USE IF SEAL UNDER CAP
IS BROKEN OR MISSING.

