

For more information on Release® and how it works, please see the Release Supplement Facts Sheet included with the GOLO Metabolic Plan or visit GOLO.com.

SUGGESTED USE: One capsule at the beginning or during each meal (three times daily) or as directed by your healthcare professional.

CAUTION: If you are taking medication or have a medical condition, consult a healthcare professional before using this product.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- NOT INTENDED FOR PREGNANT OR NURSING WOMEN.
- DO NOT USE IF CLEAR NECK SEAL IS BROKEN OR MISSING.

Store at room temperature in a dry 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.**

Not for Resale

Release covered by U.S. Patent 8,420,131

TRAACS® is a registered trademark of Albion Laboratories, Inc.

Malate covered by U.S. Patent 6,706,904.

Manufactured for GOLO, LLC
Newark, DE 19702 USA 800-730-GOLO
www.GOLO.com

Rev.4/20

Manufactured in the USA from
foreign and domestic ingredients

Release®

DIETARY SUPPLEMENT

RESTORE - CONTROL - BALANCE

Supports insulin sensitivity and
relieves everyday stress*

90 CAPSULES

GOLO®

Non-GMO
Vegetarian

*Release should be used in conjunction
with the GOLO Metabolic Plan.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 90

Amount Per Serving	% Daily Value
Magnesium (as Albion® dimagnesium malate)	15 mg 1%
Zinc (as TRAACS® zinc bisglycinate chelate)	10 mg 10%
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	70 mcg 200%

Proprietary Blend 297 mg

Rhodiola extract (*Rhodiola rosea* L, root),
[standardized to 3% rosavins and 1% salidroside]

Inositol

Berberine extract (*Berberis vulgaris*, bark and root)
[from standardized Barberry]

Gardenia extract 10:1 (*Gardenia jasminoides*, fruit)
[standardized to 18% corosolic acid]

Salacia extract 6:1 (*Salacia reticulata*, bark)

Apple extract (*Malus domestica*, fruit) [standardized to 75% polyphenols]

** Daily Value not established

Other ingredients: Vegetable cellulose (capsule), rice fiber, magnesium stearate (vegetable), silica.
This product does not contain soy, gluten, dairy, eggs, fish, shellfish, tree nuts, peanuts or wheat.