

For more information on Release® and how it works, please see the Release Supplement Facts Sheet included with the GOLD 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.

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.

**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  
Not for Resale. Store at room temperature in a dry place  
Release is covered by U.S. Patents 8,420,131 and 10,765,718

Albion™ and TRAACS™ are trademarks of Albion Laboratories, Inc., US Patent 6,706,904  
Salaretin® is a registered trademark of Sabinsa Corporation  
Manufactured for GOLO, LLC  
Newark, DE 19713 USA  
1-800-GOLO www.GOLO.com

Rev. 07/21

Manufactured in the USA from foreign and domestic ingredients

GOLO®

NUTRACEUTICALS

Release®

Dietary Supplement

90  
CAPSULES

Supports insulin sensitivity  
and relieves everyday stress\*

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 4%      |
| Zinc (as TRAACS™ zinc bisglycinate chelate)                                                    | 10 mg 91%     |
| Chromium (as TRAACS™ chromium nicotinate glycinate chelate)                                    | 70 mcg 200%   |
| Proprietary Blend                                                                              | 297 mg **     |
| Rhodiola extract (Rhodiola rosea L. root),<br>(standardized to 3% rosavins and 1% salidroside) | **            |
| Inositol                                                                                       | **            |
| Berberine extract (Berberis vulgaris, bark and root)<br>(from standardized Barberry)           | **            |
| Gardenia extract 10:1 (Gardenia jasminoides, fruit)                                            | **            |
| Banaba extract (Lagerstroemia speciosa, leaf)<br>(standardized to 18% corosolic acid)          | **            |
| Salaretin® 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.