

DIRECTIONS: (Adult) Take three (3) tablets twice daily 45 minutes before two of your largest meals, with a full glass of water. Taking this product without adequate water may cause choking.

Supplement Facts

Serving Size: 3 Tablets Servings per Container: 20

	Amount per Serving	% Daily Value
Dietary Fiber	1 g	4%**
LuraLean® (Glucosamine)	1500 mg	†
(Amorphophallus konjac)(root)		
Lipo-Metabolic Blend	300 mg	
African Mango (Irvingia gabonensis) extract (4:1)(seed)		†
Lychee extract (15:1)(fruit)		†
Raspberry Ketones		†
White Kidney Bean extract (20:1)(fruit)		†

**Percent Daily Value based on 2,000 calorie diet

†Daily Value not established

Other Ingredients: Microcrystalline cellulose, calcium carbonate, calcium phosphate anhydrous, silicon dioxide, stearic acid, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, sodium carboxymethylcellulose, dextrose, soy lecithin, sodium citrate and dextrin.

Contains: Soy

LuraLean® is a registered trademark of AHD International, LLC

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Taking this product without adequate water may cause product to swell and block your throat or esophagus, which may cause choking. Do not take if you are having difficulty swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects and other reproductive harm.

† All weight management programs should also contain a reduced calorie diet and exercise.

Questions? Contact Consumer Affairs Questions@AppliedNutrition.com

To join our Wellness Club and receive tips on how to improve your health, please visit us at: www.AppliedNutrition.com/wellness

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
Applied Nutrition®, P.O. Box 66457, Los Angeles, CA 90066

A Breakthrough Weight Loss Support Formula that Works on a Simple Truth!

FEEL FULL : EAT LESS*



This breakthrough product can help you achieve your weight loss goals! It has been scientifically formulated to "turn-on" satiety before meals."

By promoting a pleasant

feeling of fullness, Full Diet® can help you eat less food and consume fewer calories – without feeling hungry."

Super-condensed LuraLean® is at the center of this amazing formula. LuraLean® is a glucosamannan fiber derived from the Japanese Konjac plant. When taken 45 minutes before a meal, this ingredient swells and expands up to 200 times its original size to induce a feeling of fullness while traveling through the digestive tract."

‡ Research suggests that LuraLean® helps support weight loss.* For best results, use in combination with a reduced calorie diet and exercise."

* 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.

PLUS:
**RASPBERRY
KETONES**

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FULL DIET® CURB APPETITE : EAT LESS*

Helps Support Weight Loss*‡

*Super-Condensed **LuraLean®** expands in the stomach to promote a feeling of fullness while traveling through the digestive tract**

*Plus Raspberry Ketones,
African Mango, Lychee Berry and
White Kidney Bean Extract*

60 TABLETS • DIETARY SUPPLEMENT

The Smart Way to Diet!*



Full Diet® is a multi-benefit product that can easily be incorporated into your daily diet.* It not only helps to curb your appetite,* but also supports numerous factors that are important to overall

health. It can *help you*:

- Eat smaller meals, while feeling satisfied*
- Maintain healthy blood sugar levels already within a normal range*
- Reduce the absorption of dietary fats*
- Maintain healthy cholesterol levels already within a normal range*

Full Diet® is more than just a "diet" product... it is a whole-body approach to better health.*

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Applied Nutrition® is committed to developing science-based products that exceed the highest standards for quality and purity. As a leader in innovation, we continuously strive to bring forward new ideas and groundbreaking formulas that enhance health and well-being. To view our entire line of products, please visit us online at:

www.AppliedNutrition.com