

SUGGESTED USE Consume one or two capsules daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle. **For questions about the use of this product call 800.332.7799.**

NOTE This product contains a small amount of natural caffeine-related compounds and is not intended for children, those sensitive to caffeine or pregnant or nursing women.

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ENERGY & FAT METABOLISM FACTORS™

Comprehensive Nutrient Support
Promotes Optimum Metabolic Activity



Dietary Supplement | **360** Easy-to-Swallow Capsules



Andrew Lessman's ENERGY & FAT METABOLISM FACTORS is designed to safely enhance energy and fat burning metabolism while also combatting fatigue and promoting feelings of well-being. Most importantly, it does so without deceptive or harmful ingredients. Our comprehensive fat-burning support begins with high levels of **Carnitine**, which is essential for all fat-burning metabolism. We also include **Lysine** and **Vitamin C** to further support the body's internal production of **Carnitine**. It provides our unique **B-Complex**, including our absorption protected Methyl B12 and Methyl Folate. We also provide extracts of **Green Tea** and **Guarana** as natural sources of caffeine-related compounds. These mild "stimulating" botanicals have a history of traditional use to enhance energy and well-being. To combat fatigue and promote feelings of well-being, we also include standardized extracts of the adaptogens **Panax Ginseng**, **Eleutherococcus** and **Ashwagandha**. These plant extracts have long been used to support the body's ability to adapt and recover from fatigue and physical and mental stress, including diet, exercise and weight-loss. We also include the branched chain amino acids (**Leucine**, **Isoleucine** and **Valine**) because of their role in preserving muscle during exercise. This comprehensive list of more than a dozen nutrients and botanical extracts can help compensate for the metabolic challenges and fatigue that can accompany diet, exercise and caloric reduction. In short, **Energy and Fat Metabolism Factors** provides comprehensive natural support to safely optimize weight-loss when following a sensible regime of 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.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS

Supplement Facts		
Serving Size 2 Capsules		Servings Per Container 180
Amount Per Serving		%DV*
Vitamin C (as calcium ascorbate/palmitate)	60 mg	67%
Vitamin B1 (as thiamin hydrochloride)	5 mg	417%
Vitamin B2 (as riboflavin)	5 mg	385%
Niacin (as niacinamide/chromium nicotinate)	5 mg	31%
Pantothenic Acid (as calcium pantothenate)	20 mg	400%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	294%
Vitamin B12 (as protected methylcobalamin)	50 mcg	2,083%
Chromium (as chromium nicotinate)	50 mcg	143%
Green Tea, extract (leaf)	500 mg	†
standardized to 25% polyphenols/20% caffeine		
L-Carnitine (as acetyl-L-carnitine hydrochloride)	200 mg	†
Guarana, extract (seed), standardized to 22% caffeine	100 mg	†
L-Lysine Hydrochloride	50 mg	†
Ashwagandha, extract (root)	40 mg	†
standardized to 7% withanolides/1% alkaloids		
Asian Ginseng (Panax ginseng), extract (leaf)	40 mg	†
standardized to 20% ginsenosides		
Eleuthero, extract (root)	40 mg	†
standardized to 0.8% eleutherosides		
Branched Chain Amino Acid Complex (leucine, isoleucine, valine)	30 mg	†
Boron (as boron glycinate)	100 mcg	†

* %DV are based on a 2,000 calorie diet. † DV not established.
Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.
CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.