

SUGGESTED USE:**For Pre-Cardio Workout Performance:**

Mix 1 scoop with 8 – 10 fl. oz. of cold water, or 2 scoops with 16 – 20 fl. oz. of cold water, and take 30 minutes before workout.

For Weight Loss Support and**Pre-Cardio Workout Performance:**

Mix 1 scoop with 8 – 10 fl. oz. of cold water and take 30 minutes before workout, and then take a 2nd scoop 4 hours later.

For Weight Loss Support:

Mix 1 scoop with 8 – 10 fl. oz. of cold water and take with breakfast, and then take a 2nd scoop with lunch.

To avoid sleeplessness, do not take within 6 hours of bedtime. Do not take more than 2 scoops in a 24 hour period. Each scoop of Cardio Cuts contains approximately 150 mg of caffeine. Due to the efficacious levels of CLA and MCT oils present in Cardio Cuts, separation may occur after mixing. Mix well and drink shortly thereafter. Consume a minimum 125 fl. oz. of water per day while taking this product. *To be used as part of a physical conditioning program.* Contents may settle after shipping. Shake container prior to each use to redistribute ingredients. Moisture and humidity can cause clumping and discoloration. Discard after expiration date. **STORE IN A COOL DRY PLACE. AVOID EXCESSIVE HEAT.**

WARNING: KEEP OUT OF REACH OF CHILDREN. For use by healthy adults only. Not for use by those under the age of 18. Do not exceed recommended dose. Do not use if you are pregnant or nursing. Before consuming seek advice from a health care professional if you are unaware of your current health condition. Contains caffeine. Do not consume caffeine from other sources, including but not limited to, coffee, tea, soda and other dietary supplements or medications containing caffeine. Consult with your physician prior to use if you are taking medication, including but not limited to MAO inhibitors, antidepressants, aspirin, nonsteroidal anti-inflammatory drugs or products containing phylephrine, ephedrine, pseudoephedrine, or other stimulants. Consult your physician prior to use if you have a medical condition, including but not limited to, heart, liver, kidney, or thyroid disease, psychiatric or epileptic disorders, difficulty urinating, diabetes, high or low blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. Do not use if you are prone to dehydration or exposed to excessive heat. Do not use if you suffer from the rare genetic disorder, hyper-beta-alaninemia. This product contains beta-alanine which may cause a tingling skin sensation in some individuals. Discontinue use 2 weeks prior to surgery or if you experience rapid heartbeat, dizziness, severe headache or shortness of breath. Do not use if tamper resistant seal is broken.

CONSUMER NOTICE: FitLife Brands can only confirm product purity when our brands are purchased from authorized retailers, on gnc.com, or on ndsnutrition.com. For an approved list of retailers, go to ndsnutrition.com.

CALIFORNIA RESIDENTS WARNING: Cancer and Reproductive Harm — www.P65Warnings.ca.gov/Food

*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.

Manufactured in accordance with current Good Manufacturing Practices (cGMP) for:
FitLife Brands, Inc. | 5214 South 136th Street | Omaha, NE 68137 | **NDSNutrition.com**

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FITLIFE BRANDS



NDS
NUTRITION™

CARDIO CUTS® 4.0

KETO
FRIENDLY

PRE-CARDIO & WEIGHT LOSS ACCELERANT™

SUPPORTS: ENERGY & FOCUS* • METABOLISM* • ENDURANCE & PERFORMANCE*

DIETARY SUPPLEMENT

NET WT. 8.6 OZ [244 G]



STRAWBERRY WATERMELON
NATURAL & ARTIFICIAL FLAVORS

SUPPLEMENT FACTS

Serving Size 1-2 Scoops (6.1 g - 12.2 g)

Servings Per Container 20 - 40 Servings

	Amount Per 2 Scoops	%DV
Calories	20	
Total Fat	1 g	1%**
Total Carbohydrate	2 g	1%**
Vitamin C (Ascorbic Acid)	50 mg	55%
Vitamin D (as Cholecalciferol)	20 mcg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	10 mg	588%
Folate	400 mcg DFE (240 mcg Folic Acid)	100%
Vitamin B12 (as Methylcobalamin)	60 mcg	2,500%
Calcium (as Calcium Citrate and Silicate)	132 mg	10%
Sodium	10 mg	<1%

CARDIO CUTS® 4.0 CROSS/OVER BLEND: 7,975 mg †

TONE-LEAN BLEND [INCHES] 2,500 mg †

Tone Tight Complex

Camitine Complex [L-Carnitine L-Tartrate, Acetyl-L-Carnitine, L-Carnitine](1,000 mg), Conjugated Linoleic Acid Powder (Derived from Safflower Oil)(500 mg), Medium Chain Triglyceride Powder (500 mg)

T-Define Complex

500 mg
L-Tyrosine, Gum Guggul Extract (Resin), Kelp Whole (*Ascophyllum nodosum*), Blackberry Extract (*Rubus fruticosus*)(Berry) (Standardized to C3G Cyanidin -3-O-Glucosides)

Other Ingredients: Malic Acid, Natural and Artificial Flavors, Maltodextrin, Citric Acid, Sucralose, Calcium Silicate, Silica, Acesulfame Potassium, FD&C Red 40. **Allergen Warning:** Contains milk and tree nut (coconut). **Gluten, Creatine and Sugar Free.**

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LEAN - PUMP RECOVERY BLEND	3,770 mg	†
Amino Acid - Performance Complex	1,600 mg	
Taurine, L-Glutamine, L-Alanyl-L-Glutamine (Recovamine™), L-Glutamine Alpha-Ketoglutarate, L-Isoleucine, L-Leucine, L-Valine		
Endu-Recover Complex	1,170 mg	
Beta-Alanine (1,000 mg), Glucuronolactone, L-Histidine, D-Ribose (Ribose®)		
Vaso-Lean Complex	1,000 mg	
L-Arginine, L-Arginine Alpha-Ketoglutarate 2:1		

THERMO-REJUVENATE BLEND [POUNDS] 985 mg †

Restore - Cognition Complex

460 mg
L-Theanine (250 mg), Alpha Lipoic Acid (100 mg), Goji Berry Extract (*Lycium barbarum*)(Fruit), Acai Extract (*Euterpe oleracea*) (Fruit), Coenzyme Q10, Grape (*Vitis vinifera*) Seed Extract, Coconut Water Powder, Folic Acid, Pine (*Pinus pinaster*) Bark Extract

Thermo-Cardio-Focus Complex

525 mg
Caffeine (Anhydrous, Natural Coffee Bean), Raspberry Ketones (100 mg), Theacrine (as TeaCrine®), Amla (*Phyllanthus emblica*) (Fruit) Extract, Quercetin (Q-DRIVE95™), Ashwagandha Extract (Root) *Withania somnifera* (KSM-66®), Schizandra Fruit Powder (*Schisandra chinensis*), *Rhodiola rosea* (Root) 4:1 Extract, *Magnolia officinalis* Bark Extract, *Astragalus membranaceus* (Root), Licorice (Root) *Glycyrrhiza glabra*, Guarana (*Paullinia cupana*) Seed Extract, Phosphatidyl Serine, Huperzine A (Toothed Clubmoss)(100 mcg)

NATURAL HEALTH BLEND 720 mg †

Calcium Citrate, Magnesium Aspartate, Ascorbic Acid (Vitamin C), Pyridoxine HCl (Vitamin B6), Cholecalciferol (Vitamin D), Methylcobalamin (Vitamin B12)

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

†Daily Value (DV) not established.

RECOVAMINE™
TEACRINE®

High Stim

Medium Stim

Low Stim

Stim-Free

▲ (Per 1 Scoop)