USAGE: Take 1 capsule 20-30 minutes before carbohydratecontaining meals or as directed by your qualified health care consultant. For large meals, a second capsule can be taken.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, hypoglycemic, diabetic, under the age of 18, or taking medications, consult your health care practitioner before using this product.

Carbame¹M contains InSea²⁰ brown seaweed extract. InSea²⁰ inhibits both alpha-amylase and alpha-glucosidase activity in acrobolydrate digestion, including the breakdown of sucrose, which then reduces carbohydrate absorption. A clinical trial published in 2011 in the journal Applied Physiology, Nutrition, and Metabolism found that the ingestion of 500 mg InSea²⁰ supported a healthy glycemic response in healthy volunteers consuming 50 g of carbohydrate in the form of white bread. **

Keep out of the reach of children.

* 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.

Distributed Exclusively by:

JOTTOW FORMULAS® LO

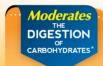
s* Lot #. Best Used Before:

Superior Nutrition and Formulation™ P.O. Box 35994

s Angeles, CA 90035-4









60 Vegetarian Capsules
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule Servings Per Container 60

Amount Per Serving % DV
InSea^{®®} 250 mg *
(Demineralized polyphenols from Ascophyllum nodosum and Fucus vesiculosus)

* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.

InSea²⁸ is a registered trademark of innoVactiv Inc.

02312CARBTAME PROD # 129063



© 2012 **Jarrow** FORMULAS*