

SUGGESTED USE For metabolic support throughout the day, consume one or two capsules thirty to sixty minutes before exercising, before eating your morning or mid-day meal or as directed by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

CAUTION This product delivers a small amount of natural caffeine-related alkaloids (less than 1/2 cup of coffee per capsule). Not for use if pregnant or lactating or by those with high blood pressure, unless physician approved.

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
Andrew Lessman
Founder of PROCAPS LABS

QUESTIONS? RE-ORDERS?
CALL 800.800.1200
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ENERGY & FAT METABOLISM FACTORS™

OPTIMUM METABOLIC SUPPORT
CELLULAR ACTIVATORS · LIPOTROPICS





360 Easy-to-Swallow Capsules

Andrew Lessman's ENERGY AND FAT METABOLISM FACTORS is designed to enhance fat burning, increase energy, gently elevate the body's metabolism and provide a sense of well-being without the use of the potentially dangerous Ephedrine-containing herb, Ma Huang. The fat-burning components ensure optimum levels of the nutrients necessary for, or related to, fat metabolism, including high levels of the **B-Complex vitamins, Chromium** and most importantly, **Carnitine** – which is essential for the transport and burning of all the fat you seek to lose. In addition to high levels of **Carnitine**, we also include **Lysine** and **Vitamin C** to further support your body's internal production of vital **Carnitine**. We add 300 mg each of standardized extracts of **Guarana** and **Green Tea**, containing natural caffeine-related alkaloids with a history of traditional use in many cultures for promoting energy and a sense of well-being. The cellular activators and thermogenic herbs in this formula help to compensate for the natural slowing of our body's metabolism and the fatigue that occurs when we diet and reduce our caloric consumption. To further combat fatigue, and to also promote a feeling of well-being while dieting, we include standardized extracts of the adaptogenic herbs, **Panax (Asian) Ginseng, Eleutherococcus (Eleuthero), Ashwagandha and Rhodiola**. We also include the branched chain amino acids **Leucine, Isoleucine** and **Valine** because of their role in preserving lean muscle tissue when strenuously exercising. Our **Energy and Fat Metabolism Factors** supplies the nutrients and herbs to safely help you maximize your fat-burning and weight-loss potential when you need and deserve it most – when you have made the commitment to a sensible program of diet and exercise to lose weight.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additive.
CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts		
Serving Size 2 Capsules		Servings Per Container 180
Amount Per Serving		%DV*
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	60 mg	100%
Vitamin B1 (as thiamin hydrochloride)	10 mg	667%
Vitamin B2 (as riboflavin)	10 mg	588%
Niacin (as niacinamide/chromium nicotinate)	10 mg	50%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Chromium (as chromium nicotinate)	50 mcg	42%
Boron (as boron glycinate)	300 mcg	†
L-Lysine Hydrochloride	100 mg	†
L-Carnitine Fumarate	200 mg	†
L-Leucine	20 mg	†
L-Isoleucine	10 mg	†
L-Valine	10 mg	†
Guarana, extract (seed) standardized to 22% caffeine alkaloids	300 mg	†
Green Tea, extract (leaf) standardized to 25% polyphenols/20% caffeine alkaloids	300 mg	†
Eleuthero, extract (root) standardized to 0.8% eleutherosides	40 mg	†
Panax Ginseng, extract (leaf) 20% ginsenosides	40 mg	†
Ashwagandha, extract (root) standardized to 1.5% withanolides and 1.0% alkaloids	40 mg	†
Rhodiola rosea, extract (root) standardized to 3% rosavins	40 mg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Gelatin capsule, Proprietary Protective B12 Matrix.