

DIRECTIONS:

As a dietary supplement, take one capsule every four to five hours depending on your energy needs or as directed by your healthcare provider. Do not exceed four capsules within a 24 hour period.

WARNING:

For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication, or have a medical condition. Do not exceed more than 400mg of caffeine from any source within a 24 hour period. Do not take this product if you are sensitive to caffeine.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

*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.

To get 15% off your next purchase, visit
www.vitam Monk.com/thanks



vitamonk

LOW DOSE CAFFEINE & THEANINE

- Promotes Calm Energy and Focus With None of the Jitters*

DIETARY SUPPLEMENT

60 CAPSULES

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	% Daily Value
L-Theanine	200 mg	†
Theobromine	200 mg	†
Caffeine Anhydrous	25 mg	†

† Daily Value not established.

Other Ingredients: Hypromellose (Capsule), L-Leucine.



Manufactured for VitaMonk

2637 E Atlantic Blvd #24351

Pompano Beach, FL 33062

VitaMonk.com

1-888-412-0233

