

SUGGESTED USE:

Take 3 capsules, after consuming a high carbohydrate meal with 8-12 fl. oz. of water, 15-20 minutes prior to training.

BENEFITS:

- Project GDA promotes carbohydrate and lipid metabolism to keep you fueled up for your workouts.*
- Gymnema sylvestre Extract and Bitter Melon Extract support normal, healthy glucose metabolism.*
- Project GDA supports glycogen delivery to your muscles to help increase your gains.*
- Berberine HCl and Banaba Leaf Powder support weight loss and increase lean muscle mass.*

WARNING: Not intended for anyone under the age of 18. If you are nursing, pregnant, taking medication or have a medical condition, consult your physician before taking this product.

**KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY & DARK 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.

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CAPSULES

ANABOLIC WARFARE

PROJECT GDA

PROJECT MUSCLE SERIES

- › Promote Carbohydrate & Lipid Metabolism*
- › Support Normal, Healthy Glucose Levels*
- › Increase Lean Muscle Mass*

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 30

	Amount Per Serving	%DV
Chromium (as Chromium Nicotinate Glycinate Chelate) [TRAACS®]	300mcg	857%
Gymnema sylvestre Leaf Extract 4:1 [25% Gymnemic Acid]	500mg	*
Bitter Melon (Momordica charantia) Fruit Extract 4:1	400mg	*
Cinnamon (Cinnamomum verum) Bark Extract	300mg	*
Berberine HCl (as Berberis aristata Root, Stem & Bark)	200mg	*
Alpha Lipoic Acid	100mg	*
Banaba (Lagerstroemia speciosa) Leaf Powder	60mg	*
Vanadyl Sulfate 20%	50mg	*
Grains of Paradise (Aframomum melegueta) Seed Extract (Paradoxine®) [12.5% 6-Paradol]	25mg	*

*Daily Value (DV) Not Established

Other Ingredients: Gelatin Capsules (Gelatin, Titanium Dioxide, FD&C Red #40, FD&C Blue #1), Magnesium Stearate, Silicon Dioxide. **Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.**

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ANABOLIC WARFARE
AUSTIN, TX • 888.301.4002

anabolicwarfare.com
 info@anabolicwarfare.com
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DIETARY SUPPLEMENT