

SWOLE®

SUGGESTED USE: As a dietary supplement, take 1-2 capsules per day with food and water. Do not exceed 4 capsules per day.

CAUTION: Not intended for use by persons under age 18. Do not exceed recommended dose. Do not consume synephrine or caffeine from other sources, including but not limited to, coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Contains caffeine. Do not use for more than 8 weeks. Consult with your physician prior to use if you are pregnant or nursing, or if you are taking medication, including but not limited to MAOI inhibitors, antidepressants, aspirin, nonsteroidal anti-inflammatory drugs or products containing phenylephrine, 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 blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. Discontinue 2 weeks prior to surgery or if you experience rapid heart beat, dizziness, severe headache or shortness of breath.

ALLERGEN WARNING: This product was produced in a facility that may also process ingredients containing milk, egg, soybeans, fish, wheat, shellfish, tree nuts, and peanuts.

KEEP OUT OF THE 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.



TURBO SHRED™

THERMOGENIC FAT-BURNER*

Increased Energy* // 120 Capsules // Dietary Supplement

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving	%Daily Value
Chromium (as Chromium Picolinate)	120 mcg 100%

SHRED Energy Matrix	676 mg	†
Caffeine Anhydrous, Glucoronolactone, Evodiamine 10% (Evodia rutaecarpa) Extract, Razberi K® (Raspberry Ketones), Phenylethylamine Hydrochloride, Inositol, Synephrine Hydrochloride, Alpha-Yohimbine, Picamilon		

TURBO Delivery System	177 mg	†
Nettle (Urtica Dioca) Leaf extract 4:1, Gardenia Jasminoides Extract standardized for Crocetin, Bioperine® (Piper Nigrum) Extract.		

Percent Daily Values are based on a 2,000 calorie diet.

† %Daily Value not established.

Each serving contains 200mg of Caffeine Anhydrous, 20mg of Synephrine HCl and 4mg of Alpha-Yohimbine. Anyone with a sensitivity to these ingredients should Not take this product.

Other Ingredients: Gelatin, Magnesium Stearate, FD&C Yellow #5, FD&C Yellow #6, Titanium Oxide.

Razberi-K® is a registered trademark of Integrity Nutraceuticals International, Inc.
BioPerine® is a registered trademark of Sabinsa Corporation

Swole Sports Nutrition
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