

**SUGGESTED USE:** (Individual stimulant tolerance may vary).**For Pre-Cardio/Workout:**

With 8 – 12 oz. of cold water (adjust to taste) per scoop or 16 – 24 oz. of cold water per 2 scoops, mix 1 – 2 scoops 30 minutes before your workout.

**For Weight Loss and Pre-Cardio/Workout:**

Mix 1 scoop with 8 – 12 oz. of cold water (adjust to taste) 30 minutes before your workout, then a 2nd scoop 4 hours later.

**For Weight Loss:**

Mix 1 scoop with 8 – 12 oz. of cold water (adjust to taste) with breakfast, then a 2nd scoop with lunch.

To avoid sleeplessness, do not take within 6 hours of bedtime. Do not exceed recommended dose. Do not take more than 2 scoops in a 24 hour period. Due to the efficacious levels of CLA and MCT oils present in Cardio Cuts®, separation may occur after mixing. Mix well and drink shortly thereafter. Consume a minimum 125 fl. oz. of water per day while taking this product. *To be used as part of a physical conditioning program.* Contents may settle after shipping. Shake container prior to each use to redistribute ingredients. Moisture and humidity can cause clumping and discoloration. Discard after expiration date. **STORE IN A COOL, DRY PLACE. AVOID EXCESSIVE HEAT.**

**WARNING: KEEP OUT OF REACH OF CHILDREN.** For use by Healthy Individuals only. Not for use by those under the age of 18. Do not exceed recommended dose. Do not use if you are pregnant, nursing, or contemplating pregnancy. Before consuming seek advice from a health care professional if you are unaware of your current health condition. 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 taking medication, including but not limited to MAOI inhibitors, antidepressants, aspirin, nonsteroidal anti-inflammatory drugs or products containing phylephrine, 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 or low blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. Do not use if you are prone to dehydration or exposed to excessive heat. Do not use if you suffer from the rare genetic disorder, Hyper Beta-Alaninemia. This product contains beta-alanine which may cause a tingling skin sensation in some individuals. Discontinue use 2 weeks prior to surgery or if you experience rapid heart beat, dizziness, severe headache or shortness of breath. Do not use if tamper resistant seal is broken.

Manufactured Exclusively for  
NDS Nutrition Products, Inc.  
A Div. of Bond Laboratories, Inc.  
4509 South 143rd Street, Suite 1  
Omaha, NE 68137  
[www.ndsnutrition.com](http://www.ndsnutrition.com)

**Creatine Free****First Pre-Cardio/Weight Loss Accelerant**

# CARDIO CUTS®

Dietary Supplement

Support for

**MAXIMUM  
ENERGY\*****GREATER  
ENDURANCE\*****QUICKER  
RECOVERY\*****WEIGHT LOSS  
AND TONING\*****Razz Lemonade**

8.5 oz (242 g)

**Supplement Facts****Serving Size** 1-2 scoops (6-12 g)**Servings Per Container** 20 - 40 Servings

|                                           | Amount Per 2 Scoops | % DV** |
|-------------------------------------------|---------------------|--------|
| Calories                                  | 20                  |        |
| Total Fat                                 | 1.5 g               | 2%     |
| Total Carbohydrates                       | 2 g                 | <1%    |
| Sugars                                    | 1 g                 | †      |
| Vitamin D (as cholecalciferol)            | 800 IU              | 200%   |
| Vitamin B6 (as pyridoxine hydrochloride)  | 10 mg               | 500%   |
| Folate (as folic acid)                    | 400 mcg             | 100%   |
| Vitamin B12 (as methylcobalamin)          | 60 mcg              | 1,000% |
| Calcium (as calcium citrate and silicate) | 200 mg              | 20%    |
| Magnesium (as aspartate)                  | 50 mg               | 13%    |

**CARDIO CUTS® CROSS/OVER BLEND: 8,061 mg** †**THYRO-LEAN COMPLEX (INCHES) 2,870 mg** †**Tone Tight Blend 2,220 mg**

Conjugated Linoleic Acid Powder (1,000 mg. Derived from Safflower Oil), Medium Chain Triglyceride Powder (1,000 mg), Carnitine Complex [L-Carnitine, N-Acetyl-L-Carnitine HCl]

**Thyro-Support Blend 650 mg**

Kelp, L-Tyrosine, Tartaric Acid, Gum Guggul

**Other Ingredients:** Malic Acid, Natural and Artificial Flavors, Waxy Maize, Maltodextrin, Calcium Silicate, Sucralose, Acesulfame Potassium, Red Beet Powder.

**Gluten Free.**

**CarnoSyn®** is a registered trademark of Natural Alternatives International (NAI), covered by U.S. Patents 5,965,596; 6,172,098; 6,426,361, and 8,067,381. **Advantra Z®** is a registered trademark of Nutratech, Inc./Zhishin, LLC licensor of U.S. Patents 6,224,873; 6,316,499; 6,340,481; 6,340,482, Canadian Patent 2,248,854 and E.U. Patent 0885008.

**LEAN-PUMP RECOVERY COMPLEX 3,423 mg** †  
**Endu-Recover Blend 2,423 mg**  
 Beta-Alanine (CarnoSyn®) (1,000 mg), Taurine, L-Glutamine, L-Glutamine AGK, L-Histidine HCl, L-Isoleucine, L-Leucine, L-Valine, Glycerol, Bis Picolinate Oxo Vanadium, Ribose®, Norvaline  
**Vaso-Lean Blend 1,000 mg**  
 L-Arginine, L-Arginine AGK 2:1, L-Arginine Ethyl Ester

**THERMO-OUTPUT COMPLEX [POUNDS] 1,108 mg** †  
**Rejuvenation Blend 670 mg**  
 N-Acetyl Cysteine, Alpha Lipoic Acid (100 mg), Co-enzyme Q10, Polygonum cuspidatum 20% Resveratrol, Grape Seed Ext., Folic Acid, Pine Bark Ext.  
**Thermo-Cardio Blend 438 mg**  
 Caffeine (Anhydrous and Natural from Coffee Bean), Raspberry Ketones (100 mg), Amla (Phyllanthus emblica) (Fruit) Ext., Citrus aurantium (Fruit) Ext. 30% Synephrine Alkaloids (Advantra Z®), Phosphatidyl Serine, Guarana Ext. Std to 22% Caffeine, Green Tea Ext., Vinpocetine

**NATURAL HEALTH BLEND 660 mg** †  
 Calcium Citrate, Magnesium Aspartate, Pyridoxine HCl (Vit. B6), Methylcobalamin (Vit. B12), Vit. D

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

**ADVANTRA Z® RIBOSE**

\*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.