RECOMMENDED DOSE (Adults ≥ 18 years): As a dietary supplement, take one serving (2 tablets) of LIPONITRO® with 8oz of water 2 times daily approximately 30 minutes before meals. Wait 3 to 4 hours between each dose. This product is intended to be used along with a calorie reduced ries and regular exercise program. Do not take within 5 hours of sleep.

MISSED DOSE: If you miss a dose, take the next as recommended. Do not double the next dose.

RISK INFORMATION: Consult a health care professional/doctor prior to use if: you have, or have a family history of, including but not limited to Phenylketonuria, high blood pressure, cardiac arrhythmias, heart, liver, kidney, thyroid, or psychiatric disease, pheochromocytoma, diabetes, asthma, recurrent headaches, anemia, nervousness, anxiety, depression or other psychiatric condition, peptic ulcers. Parkinson's disease, glaucoma difficulty in urinating, prostate enlargement, or seizure disorder. Avoid taking with health products or foods that contain caffeine and/or increase blood pressure (e.g., medications, coffee, tea, colas, cocoa, guarana, mate, bitter orange extract, synephrine, ocotopamine, ephedra, ephedrine). Caffeine has been shown to reduce blood flow to the heart muscle during exercise which might lead to cardiovascular complications such as chest pain, and irregular heartbeat even in healthy individuals. If those symptoms occur, stop use and consult a health care professional/doctor. Do not use this product if: you are pregnant; you have had a heart attack/myocardial infarction; you have high blood pressure; you are using a monoamine oxidase inhibitor (MAOI). anticoagulant or antiplatelet medication, or any other prescription drug. Stop use if hypersensitivity/allergy occurs. Some people may experience gastrointestinal discomfort (such as diarrhea). This product is not intended as a substitute for sleep.

Store under normal storage conditions (dry, well-ventilated premises at 15-25°C (59-77°F). Avoid direct light, Store away from children. Do not use if seal under cap is torn, broken or missing.



## **Supplement Facts**

Serving Size: 2 Tablets Servings Per Container: 60

**Amount Per Serving** 

%DV

THERMOBURN COMPLEX\*

1150 ma L-Glutamine, Taurine, Caffeine, L-Theanine, L-Phenylalanine

\*\* Daily Value (DV) not established.

Other Ingredients: Dicalcium Phosphate, Stearic Acid, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide, and Pharmaceutical Glaze (Shellac, Povidone).

Sustained weight management may only be achieved through the combination of a calorie-reduced diet and a regular exercise program.

\*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.

Manufactured for: Intechra Health, Inc. Bellingham, WA 98225 (855) 226-9242 • IntechraHealth.com

