

DIRECTIONS FOR USE:

Start with one serving (1 Capsule) to access your tolerance.
As your tolerance increases you may titrate up dosage see chart below .

1-Capsule= Minimum Flushing

2-Capsules=Medium Flushing

3-Capsules=Full Flush

WARNING: Keep out of the reach of children. Consult with your health care practitioner if you are trying to get or are pregnant, nursing, taking other medications, or have other conditions. This product is commonly used by those who want to improve their athletic performance. Do not use if the safety seal is broken or missing. Store in a cool, dry place. Always consult with your health care provider about any new dietary supplement regimen.

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.



Lot:

Exp:

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HEALTH DEFENDER A NUTRACEUTICAL COMPANY

FITNESS DEFENDER



FITNESS & ENDURANCE SUPPORT

60 CAPSULES

DIETARY SUPPLEMENT

GLUTEN-FREE-GMP CERTIFIED



Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

	Amount Per Serving	%DV
Riboflavin	5 mg	384.6%
Niacin	250 mg	1562.5%
Folate (as Methylfolate)	25,000 mcg DFE	6250%

Proprietary Blend 300 mg **
Horny Goat Weed (Epimedium Grandiflorum)
(Leaf), Beet Root (Beta Vulgaris), L-Arginine,
L-Citrulline.

** Daily Value (DV) not established

Other Ingredients: Vegetarian Capsule (Cellulose), Rice Flour.

Distributed By: Health Defender LLC
McMurray, PA 15317