

SUGGESTED USE: (Individual stimulant tolerance may vary).

For Pre-Cardio/Workouts:
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/Workouts:**
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 sympathetics 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 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 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.

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

CARDIO CUTS®

Dietary Supplement

Support for

**MAXIMUM
ENERGY*****GREATER
ENDURANCE*****QUICKER
RECOVERY*****WEIGHT LOSS
AND TONING*****Black Cherry**

8.5 oz (242 g)

Supplement Facts

Serving Size 1-2 scoops (8-12 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%
Sugar	1 g	†
Vitamin D (as cholecalciferol)	800 IU	200%
Vitamin B6 (in 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** 2,226 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

LEAN-PUMP RECOVERY COMPLEX: 3,423 mg †**Endo-Recover Blend** 2,423 mg

Beta-Alanine (CarnoSyn®) 31,000 mg, Taurine,

L-Glutamine, L-Glutamine ASG, L-Histidine HCl,

L-Homocysteine, L-Leucine, L-Valine, Glycine, Bis

Phosphate Oxidized, Ribose®, Norvaline

Vaso-Lean Blend 1,000 mg

L-Arginine, L-Arginine ASG 2:1, L-Arginine Ethyl Ester

THERMO-OUTPUT**COMPLEX (POUNDS): 1,106 mg** †**Rejuvenation Blend** 670 mg

N-Acetyl Cysteine, Alpha Lipic Acid (100 mg), Co-

enzyme Q10, Polygonum cuspidatum, 20% Resver-

atrol, Grape Seed Ext., Folic Acid, Pine Bark Ext.

Thermo-Cardio Blend 438 mg

Caffeine (Anhydrous and Natural from Coffee

Beans), Raspberry Ketones (100 mg), Aneth

Phyllanthus emblic (Fruit) Ext., Citrus aurantium

(Fruit) Ext., 30% Synephrine Alkaloids (Advantra Z™,

Phosphatidyl Serine, Guarana Ext. Std to 22%

Caffeine, 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.

Other Ingredients: Natural and Artificial Flavors, Malic Acid, Waxy Maltol, Maltodextrin, Calcium Silicate, Sucralose,Acesulfame Potassium, FD&C Red #40, FD&C Blue #1, **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 6,067,361.

Advantra Z™ is a registered trademark of Nutratech, Inc./Zhejiang, LLC

(Licensor of U.S. Patents 6,224,873; 6,316,499; 6,340,481; 6,340,482, Canadian

Patent 2,248,854 and EU Patent 0685006).



Manufactured Exclusively for
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For Product Questions
NDSNutrition.com



CarnoSyn
Carnosine Synthetase
From BIOENERGY

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.