

Recommended Use: Take two to four capsules daily with eight ounces of water: On workout days, take capsules one half hour before workout. On non-workout days, take capsules one half hour after lunch.

Tone 'N Tighten™ is a special formula enhanced with patented chromium picolinate and is designed to help you experience all the pleasures of a firm, great looking body. Tone 'N Tighten™ helps you lose unwanted fat, especially when used with a sensible program of exercise and nutrition. While you reduce your fat and caloric intake, Tone 'N Tighten™ helps emulsify excess body fat, all while increasing your energy so you'll feel great. Now you can have what you've always wanted - Tone 'N Tighten™.

Tone 'N Tighten™ is manufactured using select ingredients for optimum purity and effectiveness. Encapsulation of this product provides the highest nutritional potency recommended by doctors.*

NOTE: Once you have attained your ideal weight and body shape, you may reduce your daily dosage. Please consult your physician before beginning any exercise or weight loss program.

WARNING: This product is not for use by anyone under the age of 18. Do not take this if you have or are at risk for any medical condition or disease. Please consult with a physician before using this product, especially if you are using any prescription drug, over-the-counter medication, or supplements. Immediately discontinue use if any side effects occur. For State of California residents only: this product contains a chemical known to the State of California to cause birth defects or other reproductive harm. Keep out of reach of children. Athletes should consult with their sanctioning authority before use. Do not exceed recommended dose.

*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.

Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

MADE IN THE U.S.A.
Formulated and Manufactured By:



New Brunswick, NJ 08901
800-USA-0101 • 732-545-3130

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TONE 'N TIGHTEN

Calcium Added

Dietary Supplement 120 Capsules

UNIVERSAL

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

Amount Per Serving		%DV
Vitamin B6	2mg	100%
Calcium	150mg	15%
Chromium (as chromium picolinate)†	25mcg	21%
Choline Bitartrate	900mg	**
Inositol	500mg	**
Cayenne (fruit)	100mg	**
Burdock (root)	100mg	**
Uva Ursi (leaf)	100mg	**
Carnitine Fumarate	50mg	**
Damiana (leaf)	50mg	**
Betaine HCl	50mg	**

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

Other Ingredients: Dicalcium phosphate, inositol, gelatin, silicon dioxide, magnesium stearate.

† Chromax II brand chromium picolinate is licensed under U.S. Patent 4,315,927.

Tone 'N Tighten is Yeast Free • Contains Added Calcium

