Directions: As a dietary supplement, take one capsule twice per day, spaced out 8 to 12 hours apart. Do not exceed 6 weeks of continuous usage. Take at least a 6 week break between cycles.

WARNING:

KEEP OUT OF REACH OF CHILDREN

Consult your physician before using this dietary supplement. Do not take this product if you are at risk or are being treated for high blood pressure, heart, kidney, thyroid, or psychiatric diseasse, difficulty in uriniating, prostate enlargement, anxiety, depression, seizure disorder, or stroke. Professional or amateur athelete subject to performance enhancing substance testing, do not use this product unless cleared by sanctioning body as it may cause a false reactive result for a urine or blood test.

* 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.

