



* 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.

DIRECTIONS: As a dietary supplement, take two (2) capsules in the morning 30 minutes before eating with a full glass of water. For best results, drink plenty of water throughout the day. Do not exceed the recommended dose.

WARNING: Use only as suggested. This product may contain caffeine. Do not exceed recommended dosage or consume caffeine from other sources. Not intended for use by anyone under the age of 18, pregnant, nursing, and/or if the packaging is broken. Consult a physician before use if you or a family member has been diagnosed with any medical conditions. Discontinue use and contact a physician if you experience any unusual symptoms. **KEEP OUT OF REACH OF CHILDREN.**

Distributed by:

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30

day diet™
Design the NEW YOU*

DIETARY SUPPLEMENT
60 VEGGIE CAPSULES

Supplement Facts

Serving Size: 2 Veggie Capsules

Servings Per Container: 30

Amount per serving	% Daily Value	
Total Carbohydrate	1 g	<1%*
Vitamin C (Ascorbic Acid)	60 mg	100%
Vitamin B6 (as pyridoxine HCl)	8 mg	400%
Vitamin B12 (as cyanocobalamin)	48 mcg	800%
Chromium (as chromium picolinate)	120 mcg	100%
Lychee (fruit) Extract	200 mg	†
African Mango (seed) Extract (Irvingia Gabonensis)	300 mg	†
Raspberry Ketones	200 mg	†
Caffeine (from Guarana seed and Caffeine Anhydrous)	200 mg	†
Green Tea (leaf) Extract (45% EGCG, 63 mg)	140 mg	†
Citrus Aurantium (fruit peel) Extract (30% synephrine, 9 mg)	30 mg	†

* % Daily Values are based on a 2,000 calorie diet.
† Daily value not established.

Other Ingredients: Vegetable Capsule, Microcrystalline Cellulose, Magnesium Stearate.

DOES NOT CONTAIN: Soy, wheat, yeast, lactose, milk, egg or fish products, sugar, salt, starch, artificial coloring, flavoring or preservatives. **Gluten Free.**

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