

SUGGESTED USE: As a dietary supplement, adults take 1 serving (2 Licaps™) each day. Best if taken on an empty stomach. Do not take within six hours of bedtime. This product should not be taken in combination with other products containing caffeine or other stimulants. **Please read the entire label before use.**

Supplement Facts

Serving Size: 2 Licaps™
Servings Per Container: 30

Amount Per Serving		%DV
Calories	10	
Calories from Fat	5	
Total Fat	0.5 g	<1%*
Niacin (as Nicotinic Acid)	10 mg	50%
Vitamin B12 (as Methylcobalamin)	1,000 mcg	16667%

Performix™ SST Licap Formula	322 mg	**
Caffeine Anhydrous [200mg], Sensoril® Ashwagandha (<i>Withania somnifera</i>) extract (root/leaf) [Std. to 8% Withanoides and 32% oligosaccharides], Advantra Z® Bitter Orange (<i>Citrus aurantium</i>) extract (fruit) [Std. for synephrine, n-methyltyramine, hordenine, tyramine, and octopamine], Synephrine HCL, Huperzine A (<i>Huperzia serrata</i>) extract (aerial parts), Yohimbine HCL, Mucuna Pruriens (<i>Mucuna pruriens</i>) extract (seeds) [Std. to 40% L-Dopa], Bioperine® Black Pepper (<i>Piper nigrum</i>) extract (fruit) [Std. to 95% Piperine]		

Performix™ SST Licap Formula	8 g	**
Medium Chain Triglycerides, Safflower Oil [Std. to 78% Conjugated Linoleic Acid (CLA)]		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value Not Established.

OTHER INGREDIENTS: Gelatin, Silicone Dioxide, Sucrose, Talc, Corn Starch, Provitone USP, Shellac, FD&C Blue #1

CONTAINS: This product was produced in a facility that may also process ingredients containing milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

* 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.

WARNING: DO NOT USE IF PREGNANT, NURSING, OR PLAN ON BECOMING PREGNANT. THIS PRODUCT IS INTENDED FOR USE BY HEALTHY ADULTS OVER THE AGE OF 18 AND SHOULD BE AVOIDED BY THOSE SENSITIVE TO CAFFEINE OR OTHER INGREDIENTS THAT HAVE KNOWN STIMULANT EFFECTS. Contains caffeine. Do not use this product continuously for more than 8 weeks. Do not combine with alcohol. Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake. Do not consume synephrine or caffeine from other sources, including but not limited to: coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Consult a physician or licensed qualified health care professional prior to use if you are pregnant or nursing, or 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, or 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 blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. Discontinue 2 weeks prior to surgery or if you experience rapid heart beat, dizziness, severe headache or shortness of breath. **DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN. KEEP OUT OF REACH OF CHILDREN.**

Advantra Z® is a registered trademark of NutraTech, Inc., Zhebin, LLC, Vermont, U.S.A.
has licensed Citrus Aurantium patents to NutraTech, Inc.
(U.S. Patents 6,224,673; 6,316,499; 6,340,482). Sensoril® is protected under
U.S. Patent 6,713,092 and is a registered trademark of NutraTech, Inc. Bioperine®
is a registered trademark of Sabinsa Corp.

Store in a cool, dry place. Please recycle.



TERRA™ TIME RELEASE Coating for Multiple Release Points

TERRA 1

Introduction Phase (First 2 hours)

Thermogenesis is stimulated yielding increased heat and ATP production and energy expenditure from a rise in Basal Metabolic Rate (BMR). Key phytonutrients Sensoril™ and Huperzine A coupled with caffeine, provide ballistic energy, mental acuity and focus. CLA aids in the "fat to energy" exchange in the mitochondria

TERRA 2

Chill Phase (2-4 hours)

During this phase we notice a "chilling effect" this is indicative of an increase in body temperature due to peripheral heat transfer. Thermogenesis and BMR are sustained by the slow, predictable release of precision nutrients Yohimbine HCl and L-DOPA. Advantra Z (bitter orange) also releases to stimulate beta cell lipolysis and the breakdown of fats. †

TERRA 3

Sustain and Block Phase (4-6 hours)

As the body continues to absorb key nutrients, Terra 3 begins to dissolve anti-adaptive nutrients which are intended to trick the body into maintaining its elevated fat burning BMR.

TERRA 4

Transition phase (6-8 hours)

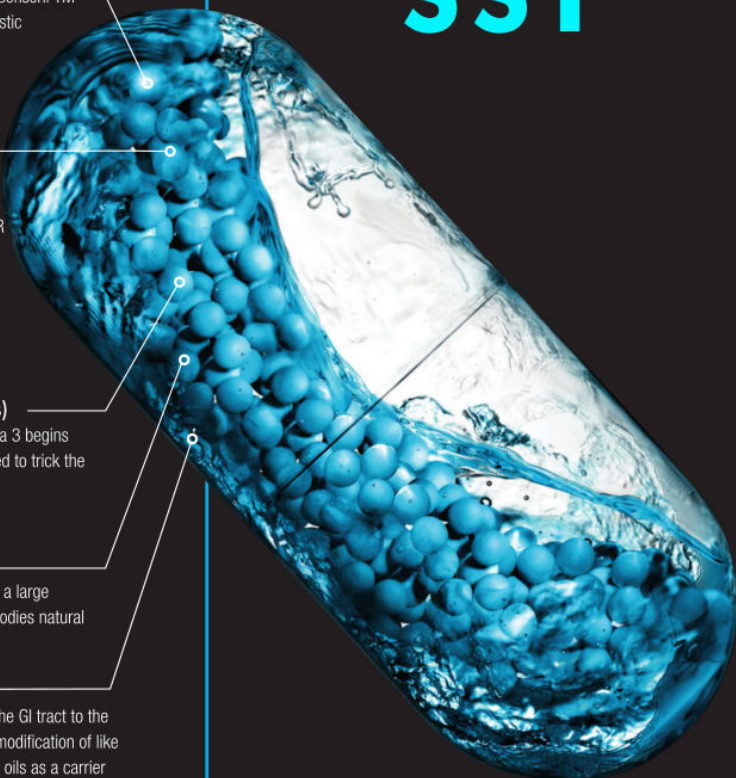
As the body utilizes all key actives in the last phase, a large 1000 mcg dosage of B12 releases supporting the bodies natural mental and physical energy production.

Bio-Available Carrier Oil

Medium Chain Triglycerides passively diffuse from the GI tract to the portal system, this is done without requirement for modification of like long-chain fatty acids. Therefore, utilization of these oils as a carrier allow for quicker absorption of energy potentiating nutrients. CLA aids in the "fat to energy" exchange in the mitochondria.

PERFORMIX SUSPENSION SUPER THERMOGENIC

SST



PERFORMIX DRIVEN BY INNOVATION. DEFINED BY PERFORMANCE.

Every supplement **PERFORMIX** makes is driven by a common technology: best in class absorption, time released delivery and complete use of every single molecule...period. **TERRA** Pod Suspension delivers the nutrients you need to dominate your goals. **To out perform, out last and out do.**

TERRA Coating (™) is a micro layering technology that allows each dose to be released in PH activated stages. This creates precision delivery of our pure extracts at multiple calculated points when your body is most receptive. As your stomach acid dissolves each microlayer, perfectly timed nutrients are delivered, giving our extracts the ability to last longer and enhance your performance evenly and effectively.