

SUGGESTED USAGE: Add 1 level scoop (36 g) daily to 12-16 oz. of cold water or your favorite beverage and blend. Use in conjunction with a healthy diet and exercise plan.

Fit & Tone™ is a protein supplement that has been formulated to help you sculpt the body you always wanted.* Each serving of Fit & Tone™ provides 25 g high-quality, satisfying Whey Protein Isolate (WPI), which can help you to manage your appetite and attain your optimal body composition when used along with a healthy diet and exercise program.* To further assist you in your weight management efforts and help you maintain healthy glucose metabolism, Fit & Tone™ includes the clinically tested ingredients Super CitriMax® and ChromeMate®.* Chlorogenic Acid from Green Coffee Bean Extract complements these three ingredients by further supporting healthy glucose metabolism.* Green Tea Extract rounds out this product by promoting the use of fat for energy production.*

*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.

Not manufactured with wheat, gluten, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Caution: For adults only. Not recommended for pregnant or nursing women. Consult physician if taking medications [especially anti-depressants such as serotonin reuptake inhibitors (SSRIs), anti-diabetes medications, anti-hypertensives, or bisphosphonates] or have a medical condition (especially diabetes or hypoglycemia). Keep out of reach of children.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

CODE 2203 V2



5



Diet Support Formula*

With Whey Protein Isolate, Super CitriMax®,
and Green Coffee Bean Extract

Helps Manage Weight and Appetite*

Net Wt. 1.8 lbs. (816 g)

A Dietary Supplement



Fit & Tone™ Protein

Berry Flavor



Supplement Facts

Serving Size 1 Level Scoop (36 g) Servings Per Container about 23

	Amount Per Serving	% Daily Value
Calories	120	
Calories from Fat	5	
Total Fat	0.5 g	< 1%*
Saturated Fat	0 g	0%*
Trans Fat	0 g	†
Cholesterol	< 5 mg	1%
Total Carbohydrate	4 g	1%*
Dietary Fiber	3 g	12%*
Sugars	< 1 g	†
Protein	25 g	50%*
Vitamin B-12 (as Cyanocobalamin)	1,000 mcg	16,667%
Calcium	210 mg	21%
Chromium (from Chrom. Polynicotinate) (ChromeMate®)	200 mcg	167%
Sodium	65 mg	3%
Potassium	260 mg	7%
Super CitriMax® (Garcinia cambogia Extract) (Fruit) [containing 550 mg (-)-Hydroxycitric Acid (HCA)]	1 g (1,000 mg)	†
Green Coffee Bean Extract (Coffea arabica) [min. 50% Chlorogenic Acids (200 mg)] [approx. 8 mg of naturally occurring caffeine]	400 mg	†
Green Tea Extract Phytosome (GreenSelect®) [Green Tea Extract (Camellia sinensis) (Leaf)/Phosphatidyl Choline Complex (10 mg EGCG) (Decaffeinated)]	100 mg	†
Gum Powder	1.5 g (1,500 mg)	†

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

Other ingredients: Microfiltered Whey Protein Isolate, Organic Inulin (FOS), Natural Flavors, BetterStevia® [Organic Stevia Extract (Leaf)], Malic Acid and Natural Beet Powder.

Contains milk and soy (non-GMO lecithin).

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ChromeMate® and Super CitriMax® are registered trademarks of InterHealth Nutraceuticals Inc. GreenSelect® is a registered trademark of Indena S.p.A. This product is sold by weight not volume. Store in a cool, dry, dark place after opening. Please Recycle.