

DIRECTIONS: Take 1-3 capsules of Fat Free PM™ 30-45 minutes before bed time with 12 oz. of fluid. For best results product can be taken with or without food.

† 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 UNDER THE AGE OF 18. KEEP OUT OF REACH OF CHILDREN. Use only at bedtime. Do not use in conjunction with alcoholic beverages or before driving a vehicle or operating machinery. Do not exceed recommended serving. Consult with a health care practitioner before taking this or any dietary supplement, especially if you have or suspect you may have a medical condition, or are taking ANY medications, over the counter products, or other dietary supplements. Immediately discontinue use and call your health care provider if you experience any adverse reaction. Before beginning any weight loss program, consult your health care provider. Store at room temperature and avoid excessive heat. Do not use if inner safety seal is broken or missing.

 Applied Nutraceuticals®

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APPLIED NUTRICEUTICALS

Fat Free™
PM

POTENT NIGHT-TIME FAT OXIDIZER †



DIETARY SUPPLEMENT

INNOVATION SERIES™

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

Amount Per Serving		%DV
Vitamin C (as Ascorbic Acid)	180 mg	300%
Folate (as Folic Acid)	800 mcg	200%
Magnesium (as Magnesium Citrate)	400 mg	100%
Vitamin B12 (as Cyanocobalamin)	800 mcg	200%
Zinc (as Zinc Gluconate)	12 mg	80%

Deltasom Relaxation Matrix™..... 536 mg

Velvet Bean (*Mucuna pruriens*) (fruit) (standardized to 75% L-Dopa) *

L-Theanine *

Melatonin *

Suppressorex Thermic Incorporation™..... 585 mg

Green Tea (leaf) (standardized to 98% Polyphenols & 45% EGCG; <1% Caffeine) *

Wakame (*Undaria pinnatifida*) (aquatic) (standardized to 10% Fucoxanthin) *

Griffonia simplicifolia (seed) (standardized to 95% 5-Hydroxytryptophan) *

Black Pepper (*Piper nigrum*) (fruit) (standardized to 95% Piperine) *

* Daily Value Not Established

Other Ingredients: Gelatin, Magnesium Stearate, Titanium Dioxide,
FD&C Red #3, FD&C Blue #1

