

theVitaminShoppe[®] NEXT STEP[™]

I want to
manage
my weight
and feel
energized

FORMULEAN[™]

Powered by CitriMax[®], L-carnitine,
and guarana

Supports healthy body weight*

90 Capsules
Dietary Supplement

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Chromax [®] Chromium (as chromium picolinate)	200 mcg	167%
Guarana Extract (<i>Paullinia cupana</i>) (seed) [standardized for 22% caffeine (200 mg)]	909 mg	*
CitriMax [®] <i>Garcinia cambogia</i> Extract (fruit) [standardized to contain 50% (-) hydroxycitric acid (HCA) (250 mg)]	500 mg	*
L-Phenylalanine	250 mg	*
L-Carnipure [™] (as L-carnitine tartrate)	100 mg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, gelatin, silicon dioxide, magnesium stearate.

Does not contain: Yeast, Wheat, Salt, Soy, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

This product may support a weight management or diet program that includes regular exercise and a calorie restricted diet.*

NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.

Directions: As a dietary supplement, take three (3) capsules before breakfast or morning workout. Also take three (3) capsules before afternoon and evening meals. Do not exceed nine capsules daily. Taking more than the recommended amount will not improve results and may cause adverse reactions listed in the warning below. Begin use with one-third the recommended dose (one capsule three times per day) to assess your tolerance. For best results, use as part of a low-fat diet and exercise program.

* 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.

Please note: Guarana Extract contains caffeine and should not be taken by those wishing to eliminate caffeine from their diet.

Warning: Do not use if you are pregnant, nursing or if you are at risk or being treated for high blood pressure, heart disease, stroke, nervousness or anxiety. Do not use this supplement if you are taking MAO inhibitors (some antidepressants). Consult your physician before use if you are diabetic. Do not use if you have the genetic disease PKU or existing pigmented malignant melanoma type skin cancer. Discontinue use and consult your healthcare professional if dizziness, sleeplessness, tremors, nervousness, headache, heart palpitations or tingling sensations occur.

Distributed by: Vitamin Shoppe, Inc. Secaucus, NJ 07094
Visit www.vitaminshoppe.com or call 1-800-223-1216
for more information and to reorder.



Chromax[®] is a registered trademark of Nutrition 21.
L-Carnipure[™] offers purest L-Carnitine and is a trademark of Lonza Ltd, Switzerland.
CitriMax[®] is a trademark of InterHealth N.L.

STORE IN A COOL, DRY PLACE. • KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer
seal is broken or missing.

Item No.
VS-2897
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