ONE: Thermogenesis Green tea extract supplies naturally-occurring compounds, including EGCG, that have been shown to increase thermogenesis (heat production) in the body, thereby supporting healthy weight management. This product is enhanced

with Garcinia fruit — a source of HCA.

TWO: Metabolism Advantra Z<sup>e</sup> is a key component of our proprietary Advanced Metabolic Blend and helps to stimulate metabolic processes in the body. This blend features a combination of botanicals

including Guarana, Yerba Mate' and Eleuthero. THREE: Carbohydrate Support Chromium supports the breakdown of carbohydrates into glucose and helps to maintain healthy blood sugar levels already

# within a normal range." FOUR: Physical Performance

Ginseng extract helps to enhance physical capacity and performance in men." This formula also delivers the green "super food" known as Spirulina.

### FIVE: Energy R vitamins help to convert food into cellular

energy.' This formula delivers a range of essential B's to support metabolism."

SIX: Cardiovascular Health Fish Oil supplies Omega-3 Fatty Acids to help maintain a healthy heart and vascular system. Usage Warnings: Do not use if safety seal is broken. This product contains caffeine and may affect blood pressure and/or heart conditions. Check with your doctor before using this product and engaging in activity if you are using medication, including antidepressants. thyroid and blood pressure medications, or have any medical conditions, including heart disease, high blood pressure, an iron deficiency, digestive disorder, a liver disorder or develop symptoms of liver trouble (such as abdominal pain, dark urine or jaundice). It is recommended to limit additional caffeine intake while taking this product. Do not exceed 90 days of continuous use of the product without a two (2) week break. Do not use if you may become pregnant, are pregnant or nursing.

Do not exceed recommended daily intake. Not intended for use by persons under 18. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

WARNING: (State of California Pro 65) This product contains a chemical known in the State of California to cause birth defects or other reproductive harm.

 Lean muscle can only be arbieved in conjunction with targeted exercise, weight training and a balanced diet.

OUESTIONS: Call Consumer Affairs 1-800-297-3273 Weekdays 8:00 AM to 5:00 PM (PST) Ouestions@IrwinNaturals.com ¥ Diat & Everrice Plan available online atwww.lrwinNaturals.com/deplan

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



**Full Disclosure Ingredient Panel** 

## DIRECTIONS: (Adult) As an addition to a reduced calorie diet and exercise plany take up to six (6) Liquid Soft-Gels perday with meals. May be taken all at once or

this product in the evening since it contains caffeine

# Supplement Facts

	mount per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	40 mg	67%
Vitamin E (as d-Alpha Tocopherol)	10 IU	33%
Thiamin (as Thiamine Hydrochloride)	1 mg	67%
Riboflavin	1 mg	59%
Niacin (as Niacinamide)	14 mg	70%
Vitamin B12 (as Cyanocobalamin)	4 mcg	67%
Pantothenic Acid (as D-Calcium Pantothena	ite) 60 mg	600%
Selenium (as Selenium Aspartate)	34 mcg	49%
Chromium (as Chromium Picolinate)	200 mcg	167%
Fish Oil (18% EPA / 12% DHA)	3000 mg	1
Green tea extract (50% EGCG)(leaf)	600 mg	1
Advanced Metabolic Blend Advantra 2º Bitter Orange extract (30% extract (0.8% eleuther osides)(root), Cay Guaraná (Paulivina cupana) extract (4:1)) Betaine Hydrochloride	enne extract (30,000 HU	Mnuiti.

(5% gingerals)(rhizome

Other Ingredients: Gelatin, purified water, glycerin, beeswax, soy lecithin, caramel color, annatto, titanium dioxide. St John's bread and turmeric Contains: Fish (anchovy, sardine), Soy

t∩aily Value not established

in divided doses throughout the day. If caffeine keeps you up at night, do not take

Serving Size: 6 Liquid Soft-Gels

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Garcinia extract (50% hydroxycitric acid)(fruit)	400 mg	1
Tribulus extract (40% saponins)(seed)	300 mg	1
L-Carnitine (as L-Carnitine Fumarate)	100 mg	1
L-Tyrosine	100 mg	1
Asian Ginseng extract (80% ginsenosides)(root)	60 mg	t
Spirulina (Arthrospira platensis) powder	40 mg	1
BioPerine Complex BioPerine® Black Pepper extract (95% piperine))	6 mg huit), Ginger extract	t

100 LIQUID SOFT-GELS

High-Performance

RIPPED-MAN<sup>™</sup>

Intense Metabolic Fuel

Powerful Six-in-One System

for Enhanced Metabolism,

Thermogenesis, Energy

& Performance\*

DIETARY SUPPLEMENT