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product info

Read the entire label and follow the directions carefully prior to use.
DIRECTIONS: To reduce meal size, take three (3) softgels 30-60 minutes before the meal with the highest caloric content, or as recommended by a healthcare practitioner. To reduce snacking, you can take three (3) softgels between meals. Do not exceed six (6) softgels daily. The best time to use this product may be in the evening to reduce food intake before bedtime.

This supplement should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

Korean pine nuts contain the highest concentration of pinolenic acid, which helps to suppress appetite by stimulating the appetite controlling hormones cholecystokinin (CCK) and glucagon-like peptide 1 (GLP-1) in the gastrointestinal tract.* Natural Appetite Control is a stimulant-free method for controlling appetite and excess hunger that can hamper the ability to sustain a long-term weight management program.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

*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.



Q00891E

LifeExtension®

Natural Appetite Control Stimulant Free



Promotes Sensible Eating and Food Intake—Naturally

Dietary
Supplement

90 Softgels

Supplement Facts

Serving Size 3 Softgels • Servings Per Container 30

Amount Per Serving	% Daily Value
Calories 30	
Calories from Fat 30	
Total Fat 3 g	5%†
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%†
Korean Pine Nut 3000 mg	**
Seed Oil (triglyceride mixture containing pinolenic acid)	

**Daily Value not established.

†Daily Value is based on a 2000 calorie diet.

Other ingredients: gelatin, glycerin, purified water, annatto color.

Contains tree nuts (pine).

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
info@lifeextension.com • www.lef.org

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Store tightly closed in a cool, dry place.