SUGGESTED USE:

As a dietary supplement for adults, take each serving of 4 capsules with 12-16 ounces of water. Use for 4-5 days at a time, then discontinue use for a minimum of 7 days before retaking the product. Please note: We highly recommend drinking a minimum of 6 glasses of water daily. MORNING: Take 4 capsules with food. MID-AFTERNOON: Take 4 capsules with food.

WARNING:

THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. DO NOT USE IF PREGNANT OR NURSING. Before using this product, consult a licensed qualified health care professional, including but not limited to, if: you are taking any other dietary supplement, prescription drug or over-the-counter medication such as for the treatment of diabetes or hypoglycemia: or if, you suspect you have or have been treated for, diagnosed with or have a family history of, any medical condition, including but not limited to: high or low blood pressure, diabetes, allergies to the Asteraceae/Compositae family, pancreatitis, anxiety, cardiovascular, psychiatric or seizure disorders, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, or difficulty unnating due to prostate enlargement. Use only as directed. Exceeding recommendations for Suggested Use may cause adverse side effects, including but not limited to, weakness, muscle cramps, skin rash, diarrhea, dehydration, dizziness, or joint pain. If you experience these or any other adverse reaction to this product, immediately discontinue use and contact a medical doctor. Discontinue use 2 weeks prior to surgery. Do not use if safety seal is broken or missing. Store in a cool dry place. KEEP OUT OF REACH OF CHILDREN

*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.





WATER LOSS

SHED EXCESS WATER*

TIGHTEN, TONE, & DEFINE* W/MINERAL SUPPORT*

CAPSULES

DIETARY SUPPLEMENT



Supplement Facts Serving Size: 4 Capsules Servings Per Container: 10

Servings rei Container. To		
Amount Per	Serving	% DV
Vitamin B6 (as Pyridoxine HCI)	25mg	1250%
Folic Acid	250mcg	62%
Magnesium (as Magnesium Aspartate)	20mg	5%
Potassium (as Potassium Aspartate)	10mg	<1%
Herbal Diuretic Support Blend 2250mg † Dandelion root extract, Prickly Chaff flower extract, Uva-ursi leaf extract, Superoxide Dismutase		

Magnesium Aspartate, Potassium Aspartate, L-Taurine, Pyridoxine HCl, Folic Acid † Daily Value (% DV) not established.

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I 2 Extreme® Blend

Other Ingredients: Capsule Shell (Gelatin, Titanium Dioxide, FD&C Blue #1), Silicon Dioxide, Magnesium



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