

A Smart, Healthy and Effective Choice for You.

With bmiSMART™ I-CONTROL, improving the management of your appetite also means raising your awareness of it. That's because you take I-CONTROL when you need it the most – at mealtime. Inside each convenient single-serving packet is a product containing a proprietary plant-based complex called Redusure™ that has been scientifically shown to control hunger-pangs, with 94.7% of subjects reporting a feeling of fullness after taking I-CONTROL.* It all adds up to an effective and mindful way of reducing the amount of food you eat to help you attain a healthy weight.

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*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.

I-CONTROL is Part of a Mindful Set of Healthy Weight Products

When you...	bmiSMART™ solution
Want to manage weight and carbohydrate caloric intake Consume meals containing starchy and sugary food	I-BLOCK Carb & Sugar Blocker
Want to control appetite Want to reduce snacking	I-CONTROL Appetite Reducer
Want to manage your weight and dietary fat absorption Consume meals containing fat	I-REMOVE Fat Binder

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Lot No:
Expiration Date:

FB/CAR60/US/CH/D/02

I-CONTROL is a supplement for controlling appetite and hunger-pangs, to help you cut down on unwanted snacking or over-eating.*

When used in conjunction with a reduced-calorie diet and appropriate physical activity, I-CONTROL is an effective tool to help you achieve a healthy body weight.*

The Mindful Way to Healthy Weight

At bmiSMART™, we believe taking care of your weight and enjoying a healthy Body Mass Index (BMI) can be a healthy, mindful experience with life-long benefits.

For us, it means developing products that increase your awareness of what you eat, while working with your body to reduce the absorption of calories, manage appetite or stimulate metabolism. It also means using ingredients that are naturally-derived and scientifically developed, with efficacy clinically tested. After all, what you put in your body is as important to us, as it is to you.

By actively supporting you with intelligent products and a mindful approach, bmiSMART™ helps you attain better results, with a better feeling about yourself and your body.

To learn more about Healthy Weight. The Mindful Way.™, visit bmiSMART.com


bmiSMART™
Healthy Weight. The Mindful Way.

I-CONTROL

Appetite Reducer

Dietary Supplement
60 CAPSULES
Made with Redusure™

Directions for Use

For weight loss: Take 2 whole capsules with at least 8 ounces of liquid, 3 times per day - 30 minutes before each main meal.

I-CONTROL can also be used once your target weight is achieved. Take 2 whole capsules with at least 8 ounces of liquid, as needed - 30 minutes before meal.

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Total Carbohydrate	1g	<1%*
Dietary Fiber	<1g	4%*
Redusure™ Proprietary Fiber Complex	1000 mg	
Glucomannan powder (Amorphophallus konjac) (tuber)		†
Carrageenan (Red seaweed)		†
Xanthan gum		†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

Other ingredients: potassium bicarbonate, capsule (hydroxypropyl methylcellulose, titanium dioxide), microcrystalline cellulose, magnesium stearate

I-CONTROL does not contain any animal-derived products or by-products.

Storage: Keep out of reach of children. Store in a dry place at room temperature.

WARNING: Do not open the capsule and avoid taking in powder form to avoid choking. Taking this product with inadequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. Please read the enclosed product insert before using this product.

Do not use if pregnant or nursing. Consult your physician before use if you have any medical conditions or are taking any medications. Do not exceed 6 capsules a day.

I-CONTROL is exclusively manufactured for: InQpharm North America LLC
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