



MetaboRise

Dietary Supplement

90 tablets

SWANSON[®]

BEST WEIGHT-CONTROL FORMULAS

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE. • KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one tablet two to three times per day 1/2 hour to 1 hour before meals. Drink at least 16 ounces of water with each tablet.

WARNING: Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking any prescription medications. Because chromium may enhance insulin sensitivity and affect glucose levels, diabetics and hypoglycemics should consult their healthcare provider before using this product. Discontinue use if you experience excessive sweating, severe headaches, or trembling.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin E USP (as d-alpha tocopheryl succinate)	6 IU	20%
Magnesium (from TRAACS [®] magnesium lysyl glycinate chelate)	7.5 mg	2%
Zinc (from TRAACS [®] zinc glycinate chelate)	5 mg	33%
Chromium (from Chromax [®] chromium picolinate)	75 mcg	63%

Proprietary Herbal Blend	654 mg	*
Green Tea Extract (Camellia sinensis) (leaves)		*
[standardized to 4% caffeine (4 mg)]		
Metabromine [®] (Theobroma cacao) (whole fruit) [standardized to 1.5% caffeine (1.5 mg), 6.0% theobromine (6 mg)]		*
Caffeine (from guarana extract (Paulina cupana) (seeds))		*
Adrenal Powder (bovine complex)		*
Bee Pollen		*
Damiana Leaf (Turnera aphroditiacea)		*
Eleuthero (Eleutherococcus senticosus) (rhizome)		*
Ginger Root (Zingiber officinale)		*
Goldenseal Root (Hydrastis canadensis)		*
Gotu Kola (Centella asiatica) (roots)		*
Lecithin (from soybean oil)		*
Nettles Leaf (Urtica dioica)		*
Royal Jelly 3.5x (6% 10-HDA)		*
Sarsaparilla Root (Smilax aristolochifolia)		*
Spirulina (Arthrospira platensis) (microalgae)		*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose (plant fiber), stearic acid, calcium carbonate, croscarmellose sodium, aqueous film-coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol), citric acid, magnesium stearate, silica, acacia, maltodextrin, calcium silicate, tricalcium phosphate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS PO Box 2803 • Fargo, ND 58108 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com

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Chromax[®]
vitamin products



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1