

SUGGESTED USE: (Individual stimulant tolerance may vary). **For Pre-Cardio/Workout:** With 8 – 10 fl. oz. of cold water per scoop or 16 – 20 fl. oz. of cold water per 2 scoops, mix 1 – 2 scoops 30 minutes before workout. **For Weight Loss and Pre-Cardio/Workout:** Mix 1 scoop with 8 – 10 fl. oz. of cold water 30 minutes before workout, then a 2nd scoop 4 hours later. **For Weight Loss:** Mix 1 scoop with 8 – 10 fl. oz. of cold water with breakfast, then a 2nd scoop with lunch.

To avoid sleeplessness, do not take within 6 hours of bedtime. Do not take more than 2 scoops in a 24 hour period. Each scoop of Cardio Cuts® contains approximately 150mg of caffeine. Due to the efficacious levels of CLA and MCT oils present in Cardio Cuts®, separation may occur after mixing. Mix well and drink shortly thereafter. Consume a minimum 125 fl. oz. of water per day while taking this product. To be used as part of a physical conditioning program. Contents may settle after shipping. Shake container prior to each use to redistribute ingredients. Moisture and humidity can cause clumping and discoloration. Discard after expiration date. **STORE IN A COOL, DRY PLACE. AVOID EXCESSIVE HEAT.**

WARNING: KEEP OUT OF REACH OF CHILDREN. For use by healthy adults only. Not for use by those under the age of 18. Do not exceed recommended dose. Do not use if you are pregnant or nursing. Before consuming seek advice from a health care professional if you are unaware of your current health condition. Contains caffeine. Do not consume caffeine from other sources, including but not limited to, coffee, tea, soda and other dietary supplements or medications containing caffeine. Consult with your physician prior to use if you are taking medication, including but not limited to MAOI inhibitors, antidepressants, opiates, nonsteroidal anti-inflammatory drugs or products containing phenylephrine, ephedrine, pseudoephedrine, or other stimulants. Consult your physician prior to use if you have a medical condition, including but not limited to, heart, liver, kidney, or thyroid disease, psychiatric or epileptic disorders, difficulty urinating, diabetes, high or low blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. Do not use if you are prone to dehydration or exposed to excessive heat. **WARNING for California residents only!** This product contains a chemical known in the state of California to cause birth defects or other reproductive harm. Do not use if you suffer from the rare genetic disorder, hyper-beta-alaninemia. This product contains beta-alanine which may cause a tingling skin sensation in some individuals. Discontinue use 2 weeks prior to surgery or if you experience rapid heartbeat, dizziness, severe headache or shortness of breath. Do not use if tamper resistant seal is broken.

CONSUMER NOTICE: FitLife Brands can only confirm product purity when our brands are purchased from authorized retailers, on gnc.com, or on ndsnutrition.com. For an approved list of retailers, go to ndsnutrition.com.

*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.



FITLIFE BRAND



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For Product Questions: MDSNutrition.com

NDS

**Creatine Free
Sugar Free**

Advanced Pre-Cardio / Weight Loss Accelerant*

**CARDIO
CUTS^{3.0}**

Support for

**MAXIMUM
ENERGY***

**GREATER
ENDURANCE***

**QUICKER
RECOVERY***

**INCREASED
PERFORMANCE***

**DEFINITION
AND TONING***

Dietary Supplement

Peach Mango

Natural and Artificial Flavors

Net Wt. 8.6 oz (244 g)

Supplement Facts

Serving Size 1-2 scoops (6.1 g - 12.2 g)
Servings Per Container 20 - 40 Servings

	Amount Per 2 Scoops	%DV**
Calories	20	
Calories from Fat	10	
Total Fat	1 g	1%
Total Carbohydrates	2 g	1%
Vitamin D (as cholecalciferol)	20 mcg	100%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	60 mcg	2,500%
Calcium (as calcium citrate and silicate)	132 mg	10%
Sodium	10 mg	<1%

CARDIO CUTS® 3.0 CROSS/OVER BLEND® 8,080 mg †

THYRO-LEAN BLEND [INCHES] 2,500 mg †

Tone Tight Complex 2,000 mg
Carnitine Complex (L-Carnitine L-Tartrate, Acetyl-L-Carnitine, L-Carnitine) (1,800 mg), Conjugated Linoleic Acid Powder (Derived from Safflower Oil) (500 mg), Medium Chain Triglyceride Powder (500 mg)

Thyro-Define Complex 500 mg
Kelp, L-Tyrosine, Gum Guggul Ext., Blackberry Ext., (Sed. to CG-Cyanidin-3-O-Glucosides)

LEAN-PUMP RECOVERY BLEND 3,770 mg †
Amino Acid-Performance Complex 1,600 mg
Taurine, L-Glutamine, L-Alanyl-L-Glutamine (Sustamine®), L-Glutamine ASG, L-Isoleucine, L-Leucine, L-Valine
Endo-Recover Complex 1,170 mg
Beta-Alanine (Carnosyn®) (1,000 mg), Gluconolactone, L-Histidine, Ribose® (D-Ribose)
Vaso-Lean Complex 1,000 mg
L-Arginine, L-Arginine ASG 2:1

THERMO-OUTPUT BLEND [POUNDS] 1,140 mg †
Rejuvenation Complex 615 mg

N-Acetyl Cysteine, Alpha Lipoic Acid (100 mg), Coenzyme Q10, Polygynon coccidatum Resveratrol, Grape (Vitis vinifera) Seed Ext., Folic Acid, Pine (Pinus pinaster) Bark Ext.

Thermo-Cardio-Focus Complex 525 mg
Caffeine (Anhydrous, Natural Coffee Bean), Raspberry Ketones (100 mg), Theacrine (as TeaCrine®), Anila (Phyllanthus emblica (Fruit) Ext., QU995™ Quercetin, KSM-66® Ashwagandha (Root) Withania somnifera, Schizandra Fruit Powder (Schizandra chinensis), Rhodiola rosea (Root) 4:1 Ext., Magnolia officinalis Bark Ext., Astragalus, Licorice (Root) Glycyrrhiza glabra, Guarana (Pseullina cupana) seed Ext., Phosphatidyl Serine, Huperzine A (Toothed Clubmoss) (100 mg)

NATURAL HEALTH BLEND 670 mg †
Calcium Citrate, Magnesium Aspartate, Pyridoxine HCl (Vit. B6), Cholecalciferol (Vit. D3), Methylcobalamin (Vit. B12)

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

Other Ingredients: Citric Acid, Natural and Artificial Flavors, Maltodextrin, Sucralose, Silica, Calcium Silicate, Acesulfame Potassium, FD&C Yellow 5, FD&C Red 40. **Gluten Free. Contains Milk.**

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TEACRINE®