

Suggested Use: Take (2) two tablets with 8 ounces of water three times daily on an empty stomach or five minutes before a meal or as directed by your healthcare professional.

Indicación: Tomar (2) dos tabletas con 8 onzas de agua tres veces al día con el estómago vacío o cinco minutos antes de una comida lo recomendado por su profesional de atención de la salud.

Description: Only Natural's Fat Fighter provides a balance of dietary fibers, pectins, hemicelluloses and polysaccharides derived from grain, fruit and vegetable sources. This natural bulk producing combination of fibers may help promote elimination in a natural manner.* In addition, Fat Fighter includes enzymes, minerals and acidophilus, which may help maintain a healthy intestinal tract.* Fat Fighter will help give you a "fiber-generated" full feeling while increasing the nutritional value of your diet program by adding additional fiber to the diet.*

Fat Fighter is best used with Only Natural's Dieters Tea Cleanse & Trim.

NOTICE: This product contains Cascara Sagrada and Aloe Vera. Read and follow directions carefully. Do not use if you have or developed diarrhea, loose stools, or abdominal pain because Cascara Sagrada and Aloe Vera may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

GUARANTEED FREE OF:
sugar, starch, salt, color,
milk, preservatives,
artificial ingredients

* 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.

Nutrition Questions or Comments?
Call Only Natural Inc. at 516-897-7001
Mon. – Fri. 9 AM - 5 PM EST
For healthy tips and product
information visit us at:
www.onlynaturalinc.com

STORE IN A COOL, DRY PLACE
KEEP OUT OF REACH OF CHILDREN
TAMPER RESISTANT
DO NOT USE IF SEAL IS DAMAGED OR MISSING

ONLY NATURAL
Est.1986

Fat
Fighter™

with

Acidophilus • CoQ-10
Spirulina • 7 Fibers

Dietary Supplement • 120 Tablets

Supplement Facts					
Serving size: Six (6) tablets					
Each serving supplies:					
% Daily Value			% Daily Value		
Calcium (as Carbonate)	20 mg	2%	L-Acidophilus (Non-Milk Source)	250,000 cfu	**
Magnesium (as Hydroxide)	10 mg	2%	Cascara Sagrada Extract	300 mg	**
Potassium (as Citrate)	10 mg	<1%	Lecithin	50 mg	**
Chromium Picolinate	15 mcg	43%	Choline Bitartrate	15 mg	**
Oat Bran Concentrate	1,000 mg	**	Inositol	15 mg	**
Rice Bran Concentrate	1,000 mg	**	L-Carnitine	15 mg	**
Psyllium Seed Husks (Plantago Ovata)	1,000 mg	**	Aloe Vera (Freeze Dried Conc. 1:200) equivalent to 2,000 mg Aloe Vera Inner Gel)	10 mg	**
Apple Pectin	125 mg	**	Spirulina	25 mg	**
Glucomannan (Amorphophallus Konjac)	75 mg	**	Bromelain 600 GDU	10 mg	**
Carrot Fiber	75 mg	**	Coenzyme Q-10	250 mcg	**
Beet Fiber	50 mg	**			
** Daily Value not established					
% Daily value based on a 2,000 calorie diet					

Additional Ingredients: Vegetable Stearate, Vegetable cellulose, di-calcium phosphate, pharmaceutical glaze



Only Natural, Inc.
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Made in
USA

Exp. date / Lot #