## SUGGESTED USE:

Take one serving (1 scoop) of SuperHD Ultimate", mixed with 8 fl. oz. of water prior to breaktast or lunch. Do not take this product within 6 hours of bedtlime. For best results, use for 8 weeks in combination with diet and exercise. DO NOT EXCED 1 SCOOP PER DAY, USE ONLY AS DIRECTED.

## WARNING:





## SUPPLEMENT FACTS

Serving Size: 1 scoop (6g) Servings Per Container: 30

		Amount Per Serving	%
	Calories	10	
	Total Carbohydrate	4g	19
	Dietary Fiber	3g	129
	Sugar	0g	
	Calcium (as Calcium Carbonate)	80 ma	

Ultimate Ignite & Fuel Blend

\*\*Percent Daily Values (% DV) are based on a 2,000 calorie diet.

Total Caffeine Content Per Serving: Combination of Extended Release Caffeine and Caffeine Anhydrous delivering 400 mg over 6 hour duration.