Suggested Usage: As a dietary supplement, adults take 1 capsule with 8 ounces of water one half hour to one hour before each meal or as directed by your health professional.

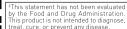
Warning: If you are pregnant, nursing, have any health condition, particularly liver problems, or are taking any medication, consult your health professional before using this product.

*Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

CHROMEMATE trademarks registered in USA

KEEP OUT OF THE REACH OF CHILDREN. Store in a cool, dry place. Use only if safety seal is intact.

Gluten-free, Non-GMO



Contents may not fill bottle in order to accommodaté required labeling. Please rely on stated quantity.

Formula #202696 V1

Nature's Diet Caps+Herbs[®]

Dietary Supplement

Traditional support for healthy weight management^{†‡}



90 Capsules

Supplement Facts Serving Size 1 Capsule Servings Per Container 90

Amount Per Serving Chromium......100 mcq

Garcinia (Garcinia cambogia, dried fruit.....................500 mg rind, Super Citrimax®) Supplying: Hydroxycitric Acid (HCA)......300 mg Propriétary Herbal Blend200 mg

(as chromium polynicotinate, ChromeMate®)

Green Tea Extract (Camellia sinensis, leaf) Eleutherococcus senticosus (root), Cavenne (fruit), Gotu Kola (aerial parts), Beet Powder (root), Fo-Ti (Polygonum multiflorum, root), Wood Betony [leaf/stem], Guarana Extract (seed)

*Daily Value (DV) not established

Other ingredients: Gelatin (capsule), dicalcium phosphate, vegetable stearate and magnesium silicate

> Manufactured by: Douglas Laboratories 600 Boyce Road, Pittsburgh, PA 15205 www.douglaslabs.com 1.800.245.4440



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