

**PRODUCT INFORMATION:** Each serving (2 capsules) provides:

		%NRV*			%NRV*
Vitamin B6	10mg	714%	Zinc	4mg	40%
Choline	8mg	-	Chromium	50µg	125%
			Iodine	40µg	26%

**\*NRV = Nutrient Reference Value**

**Also provides:**

***Glucmannan (Konjac) Powder	1000mg	Caffeine	50mg
Green Tea**	1000mg	L-Tyrosine	40mg
Raspberry Fruit**	600mg	Guarana Seed**	40mg
Siberian Ginseng**	350mg	Citrus Aurantium Fruit	20mg
African Mango**	200mg	Piperine**	3mg
Cayenne Pepper** (Chilli)	80mg		

\*\* = Equivalent weight from extract

\*\*\*Beneficial effect is obtained with a daily intake of 3 g of glucmannan in three doses of 1 g each, together with 1-2 glasses of water, before meals and in the context of an energy-restricted diet.

**Contains caffeine.** Not recommended for children or pregnant women (50mg per serving).

**INGREDIENTS:** Glucmannan Powder (Amorphophallus Konjac), Capsule Shell: Hydroxypropyl Methylcellulose (HPMC), Raspberry Fruit Extract (Rubus Idaeus), Caffeine Anhydrous, Stoneground Brown Rice Flour (Oryza Sativa), L-Tyrosine, Rice Extract (Oryza Sativa), Green Tea Extract (Camellia Sinensis), Zinc Gluconate, Choline Bitartrate, African Mango Seed Extract (Irvingia Gabonensis), Bitter Orange Whole Fruit Powder (Citrus Aurantium), Siberian Ginseng Extract (Eleutherococcus Senticosus), Pyridoxine Hydrochloride, Guarana Seed Extract (Paullinia Cupana), Cayenne Pepper Extract (Capsicum Annuum), Kelp Extract (Laminaria Japonica), Bioperine (Black Pepper Extract), Chromium Picolinate.

Suitable for vegetarians and vegans.