

## Perfect Diet

Serving Size: 2 Capsules

45 servings

<u>Amount Per Serving</u>		<u>% Daily Value</u>
Mate (leaf)	547 mg	*
Guarana extract (seed)	547 mg	*
Cayenne (fruit)	150 mg	*
Bitter Orange extract (fruit)	133 mg	*
	(standardized for 11% amines - synephrine, N-methyltyramine, hordenine, octapamine and tyramine)	
Green Tea extract (leaf)	63 mg	*
White Willow extract (bark)	60 mg	*

\* Daily Value not established

Other Ingredients: gelatin, cellulose, dicalcium phosphate and magnesium stearate.

Directions: As a food supplement, take (2) capsules two times daily, 60 minutes before each meal (breakfast & lunch). Individuals weighing under 150 lbs (68 kg) may begin with a serving size of 1 capsule 60 minutes before meals. Do not take late in the evening or within six hours of sleep.

Please note: Do not use if you are pregnant or nursing. This product contains caffeine and should not be take by those wishing to eliminate caffeine from their diets. Stop taking product two weeks before surgery.