

Recommended Use: As a dietary supplement, take one VegeMeal™ packet (38 grams) mixed in ten ounces of water and one capsule packet twice daily, or as directed by your health care practitioner. Once mixed, VegeMeal™ is best if consumed within 15 minutes.

Single serving drink mix packet contains:

VegeMeal™

Supplement Facts			
Serving Size 38 grams (one packet)			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	110	Pantothenic Acid (as d-Calcium Pantothenate)	100 mg 1000%
Calories from Fat	15	Calcium (from natural sources)	60 mg 6%
Total Fat	2 g 3%*	Iron (from natural sources)	5 mg 28%
Saturated Fat	0.5 g 3%	Magnesium (from Creatine MagnaPower®)	100 mg 25%
Total Carbohydrate	10 g 3%	Zinc (as Zinc Bisglycinate Chelate)	5 mg 33%
Dietary Fiber	8 g 32%*	Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	50 mcg 42%
Soluble Fiber	5 g †	Sodium (from natural sources)	300 mg 13%
Insoluble Fiber	3 g †	Creatine (from Creatine MagnaPower®)	550 mg †
Protein (from pea)	16 g 32%*	Conjugated Linoleic Acid (CLA)	120 mg †
Vitamin C (as Ascorbic Acid)	100 mg 170%	High Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	100 mg †
Vitamin E (as d-alpha tocopherol)	15 IU 50%	Taurine	100 mg †
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	10 mg 667%	Inositol	50 mg †
Riboflavin (Vitamin B-2)	10 mg 588%		
Niacin (Vitamin B-3)(as Niacinamide)	10 mg 50%		
Vitamin B-6 (as Pyridoxine HCl)	10 mg 500%		
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 200 mcg)	100 mcg 25%		
Vitamin B-12 (as Methylcobalamin)	50 mcg 833%		
Biotin (as d-Biotin)	100 mcg 33%		

Other Ingredients: Cocoa powder, vegetable fiber, creafill cellulose, natural flavors, glucomannan, inulin, vegetable cellulose, stevia leaf extract, silicon dioxide.

Carnitine Synergy™

Supplement Facts	
Serving Size 2 capsules	
Amount Per Serving	% Daily Value
L-Carnitine (from L-Carnitine Tartrate)	800 mg *
Acetyl-L-Carnitine	200 mg *

*Daily Value not established.

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, stearates (vegetable source), silicon dioxide.



Formulated and manufactured by:
Designs for Health, Inc.
 980 South Street, Suffield, CT 06078
 Manufactured in a GMP Registered
 Facility in the USA
www.designsforhealth.com

Capsule packet contains:

- 1-Thermo-EFx™ capsule
- 2-Carnitine Synergy™ capsules
- 2-EndoTrim™ capsules

Thermo-EFx™

Supplement Facts	
Serving Size 1 capsule	
Amount Per Serving	% Daily Value
Naringin (<i>Citrus grandis osbecki</i>)(fruit)	300 mg *
Advantra-Z™ Bitter Orange (<i>Citrus aurantium L.</i>)(fruit) [standardized to contain 30% synephrine]	167 mg *
Green Tea Extract (Decaffeinated) (<i>Camellia sinensis</i>)(leaf) [standardized to contain 98% polyphenols and 45% EGCG]	75 mg *
Citrus Bioflavonoids	50 mg *

*Daily Value not established.

Other Ingredients: Cellulose (capsule), dicalcium phosphate, microcrystalline cellulose, vegetable stearate, silicon dioxide.

EndoTrim™

Supplement Facts			
Serving Size 2 capsules			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	50 mg 80%	American Ginseng (<i>Panax quinquefolius</i>) (root) [standardized to contain 5% ginsenosides]	100 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate)	2.5 mg 130%	Garcinia Extract (<i>Garcinia cambogia</i>)(fruit) [standardized to contain 50% hydroxycitric acid]	100 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%	Banaba Extract (<i>Lagerstroemia speciosa</i>) (leaf) [standardized to contain 1% corosolic acid]	50 mg *
Zinc (as Zinc Bisglycinate Chelate)	2.5 mg 15%	N-Acetyl-Tyrosine	50 mg *
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	100 mcg 80%	GABA (<i>gamma</i> -Aminobutyric Acid)	50 mg *
Green Tea Extract (<i>Camellia sinensis</i>)(leaf) [standardized to contain 98% polyphenols and 45% EGCG]	150 mg *	L-Carnitine (as Carnitine Fumarate)	50 mg *
Forskolin Extract (<i>Coleus forskohlii</i>)(root) [standardized to contain 20% forskolin]	125 mg *	Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	50 mcg *

*Daily Value not established.

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.