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™

| Amount Per Serving                    | % Da       | ily Value | Amount Per Serving                            | % Daily     | / Value |
|---------------------------------------|------------|-----------|---|-------------|---------|
| Calories                              | 110        |           | Pantothenic Acid                              | 100 mg      | 1000%   |
| Calories from Fat                     | 15         |           | (as d-Calcium Pantothenate)                   |             |         |
| Total Fat                             | 2 g        | 3%*       | Calcium (from natural sources)                | 60 mg       | 6%      |
| Saturated Fat                         | 0.5 g      | 3%        | Iron (from natural sources)                   | 5 mg        | 28%     |
| Total Carbohydrate                    | 10 g       | 3%        | Magnesium                                     | 100 mg      | 25%     |
| Dietary Fiber                         | 8 g        | 32%*      | (from Creatine MagnaPower®)                   |             |         |
| Soluble Fiber                         | 5 g        |           | Zinc (as Zinc Bisglycinate Chelate)           | 5 mg        | 33%     |
| Insoluble Fiber                       | 3 g        |           | Chromium                                      | 50 mcg      | 42%     |
| Protein (from pea)                    | 16 g       | 32%*      | (TRAACS® Chromium Nicotinate Glycinate Ch     | nelate)     |         |
| Vitamin C (as Ascorbic Acid)          | 100 mg     | 170%      | Sodium (from natural sources)                 | 300 mg      | 13%     |
| Vitamin E (as d-alpha tocopherol)     | 15 IU      | 50%       |   |             |         |
| Thiamin (Vitamin B-1)                 | 10 mg      | 667%      | Creatine (from Creatine MagnaPower®)          | 550 mg      |         |
| (as Thiamin Mononitrate)              |            |           | Conjugated Linoleic Acid (CLA)                | 120 mg      |         |
| Riboflavin (Vitamin B-2)              | 10 mg      | 588%      | High Gamma Mixed Tocopherols                  | 100 mg      | 1       |
| Niacin (Vitamin B-3)(as Niacinamide)  | 10 mg      | 50%       | (as d-gamma, d-delta, d-alpha, d-beta)        |             |         |
| Vitamin B-6 (as Pyridoxine HCI)       | 10 mg      | 500%      | Taurine                                       | 100 mg      |         |
| Folate                                | 100 mcg    | 25%       | Inositol                                      | 50 mg       | †       |
| (as Quatrefolic® [6S]-5-methyltetrahy | drofolate, |           | XD  |             |         |
| glucosamine salt 200 mcg)             |            |           | *Percent Daily Values are based on a 2,000 ca | lorie diet. |         |
| Vitamin B-12                          | 50 mcg     | 833%      | †Daily Value not established.                 |             |         |
| (as Methylcobalamin)                  |            |           |   |             |         |
| 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.

#### Capsule packet contains:

1-Thermo-EFx™ capsule



2-Carnitine Synergy™ capsules



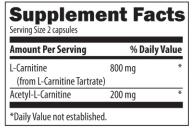
2-EndoTrim<sup>™</sup> capsules

# Thermo-EFx™

| Amount Per Serving                               | % Daily \       | /alue |
|--|-----------------|-------|
| Naringin ( <i>Citrus grandis osbeck</i> )(fruit) | 300 mg          | -     |
| Advantra-Z® Bitter Orange                        | 167 mg          | -     |
| (Citrus aurantium L.)(fruit)                     |                 |       |
| [standardized to contain 30% synephi             | rine]           |       |
| Green Tea Extract (Decaffeinated)                | 75 mg           |       |
| (Camellia sinensis)(leaf)                        |                 |       |
| [standardized to contain 98% polyphe             | enols and 45% l | GCg   |
| Citrus Bioflavonoids                             | 50 mg           |       |

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

# Carnitine Synergy™



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

### **EndoTrim™**

| n Ginseng ( <i>Panax quinquefolius</i> ) 100 mg<br>standardized to contain 5% ginsenosides] |
|---|
|   |
|   |
| Extract (Garcinia cambogia)(fruit) 100 mg   |
| ardized to contain 50% hydroxycitric acid]  |
| Extract ( <i>Lagerstroemia speciosa</i> ) 50 mg   |
| standardized to contain 1% corosolic acid]  |
| -Tyrosine 50 mg   |
| amma-Aminobutyric Acid) 50 mg   |
| ne (as Carnitine Fumarate) 50 mg  |
| m 50 mcg  |
| S® Vanadium Nicotinate Glycinate Chelate)   |
|   |

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