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500mg Per Serving

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- ADVANCED WEIGHT LOSS SUPPORT

60 Capsules
Dietary Supplement



Supplement

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Amount Per Serving

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†Providing a Typical Profile
Epigallocatechin-3-Gallate
Polyphenol Catechins
Naturally-Occurring Caffeine

*Daily Value not established

Other Ingredients: Gelatin, magnesium stearate and

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DO NOT USE IF SAFETY CAP IS MISSING.
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†Typical profile may vary.



1 capsule taken 1 to 2 times daily with meals or as directed on label.

Do not exceed recommended dose. Not intended for pregnant or women under the age of 18, or taking prescription drugs. Immediately if nausea, dizziness, or lightheadedness occur. Do not use if you have a known medical condition such as high blood pressure, heart disease, or are taking medications. If you have any medical conditions, consult your physician prior to use. Product is manufactured and packaged in a facility that also processes milk, soy, tree nuts, fish and shellfish.

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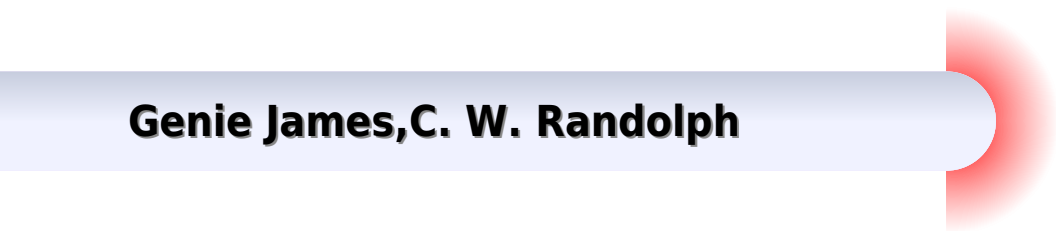
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Natures Phenfen Natural Supplement For Losing Weight Woodland Health

Genie James,C. W. Randolph



Natures Phenfen Natural Supplement For Losing Weight Woodland Health:

From Belly Fat to Belly Flat Genie James, C. W. Randolph, 2010-01-01 Weight loss research shows that the average person will add 1 to 2 pounds around their abdomen each year between the ages of 35 and 55 without changing their eating or exercise habits. Noted expert Dr C W Randolph explains why estrogen dominance is a natural shift in hormone production that begins at age thirty which causes weight gain and sabotages the most steadfast attempts at shedding it. Even worse, estrogen places the added weight around the middle which has a negative impact both aesthetically and medically. Once estrogen dominance has taken hold, it creates a vicious cycle: fat cells will produce even more estrogen which then biochemically predisposes the body to add on even more pounds. Here Dr Randolph introduces the three step plan he's used with success in thousands of patients. In simple language Dr Randolph lays out the facts about bioidentical hormones and explains what foods and supplements guard against or reverse estrogen dominance. He also shares client success stories and presents practical eating plans, recipes and shopping guides to put the advice into practice. Natural Weight Loss Miracles Maggie

Greenwood-Robinson, 1999 A certified nutrition consultant offers an evaluation of natural weight loss aids from how they work in the body to possible side effects. *Nature's Phen-Fen* Rita Elkins, 1997-02 Mix the latest scientific data on herbal products and physical ailments with the need for natural approaches to health and what do you have? The Woodland Health Series. Each of these booklets gives concise pertinent information for those looking to nature for optimal health. **Nature's Alternatives to Phen-Fen** Rita Elkins, Rita Elkins, M.H., 1996-11 Ever wondered if there were any safe substances that could effectively inhibit the appetite, supply energy and boost fat burning without compromising health? The answer is a definite yes. In this informative book, author Rita Elkins provides a detailed examination of nature's safe and effective alternatives to phen fen. **Subject Guide to Books in Print**, 1991 **Moringa the Miracle Tree** Joy Louis, 2015-03-14 DISCOVER YOUR BODIES FULL POTENTIAL WITH NATURE'S MOST POWERFUL SUPERFOOD From 1 BESTSELLING AUTHOR Joy Louis

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Lower Your Cholesterol, Lose Weight and Achieve Optimal Health with Nature's Wonder Fruit Daryl L.

Thompson, M. Joseph Ahrens, 2004-06-01 Grapefruit is back not as a diet but as a Trans Diet The old Grapefruit Diet first introduced as a quick weight loss fad during the 1920s received much criticism about its unbelievably restrictive guidelines as low as 800 calories a day and how it was nearly impossible to follow Today s diets from Atkins to The Zone have come a long way in offering more sensible nutrition plans but one thing has remained constant grapefruit should still be at the core of many diets as the ultimate Trans Diet a staple fruit that can be incorporated into all major weight loss plans In January 2004 the grapefruit buzz surfaced again when Scripps Research Clinic in San Diego released a clinical study showing that the benefits of grapefruit were pulp fact not fiction The study proved that grapefruit alone has the chemical properties to cause weight loss and reduce insulin levels The study conducted by Florida scientists discovered a key compound unique to grapefruit which inhibits an enzyme in the digestive track and prevents the absorption of excess dietary fats and carbohydrates Now those scientists have written The Grapefruit Solution to tell the whole bittersweet story Authors Daryl Thompson and Joseph Ahrens Ph D provide fascinating details on the fruit scientific documentation of its health benefits and explain how grapefruit works as a Trans Diet to accelerate weight loss in conjunction with other blockbuster diets from Atkins to The Zone and all the other diets in between including Dr Phil s Shape Up Program and The South Beach Diet Grapefruit is a low glycemic food that facilitates fat burning says Thompson This makes it effective for low carb low fat and portion control plans It s also packed with fiber and can be part of most every diet program The book details how to incorporate grapefruit into specific diet plans by using the fruit juice or CitraSens grapefruit capsules It also offers a Slim and Trim nutrition and exercise program more than 100 delicious recipes diet motivation tips and more The Scripps Study proved grapefruit alone could fend off weight gain and contribute to weight loss says Ahrens The Johns Hopkins study showed that by combining proper nutrition and grapefruit you could loose 19 pounds or more Adding exercise to the regimen will give you maximum weight loss effects 25 pounds or more in three months and substantial long term health benefits such as reduction in cholesterol levels Grapefruit truly is nature s wonder fruit and The Grapefruit Solution teaches you everything you need to know to incorporate its benefits into your diet and your life

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