



AmeriDiet-ND

- **A dietary supplement to support weight management.***

AmeriDiet-ND

- Stimulant Free
- Helps curb appetite and reduce food intake*

FORMULA:

Chromium polynicotinate (Chromemate® Brand)

- Chromium helps support lean body mass.*
- Chromium supports glucose levels within normal ranges and supports metabolism of lipids in the body.*
- Chromemate® brand Chromium is a highly bioavailable form of chromium.*
- Chromemate® is a registered trademark of InterHealth Nutraceuticals.

Garcinia cambogia extract

- **AmeriDiet-ND** contains an extract isolated from *Garcinia cambogia*, a fruit native to India.
- The active ingredient in the extract is hydroxycitrate (HCA).
- HCA reduces the conversion of carbohydrates into stored fat by inhibiting certain enzyme processes.*

Hydroxycitrate (HCA)

- HCA may be a useful for weight management because it:
 - **Reduces Fat Formation.**
It reduces fatty acid synthesis by approximately 40-70% for eight to twelve hours following a meal.*
 - **Reduces Food Intake.**
It suppresses appetite and reduces food consumption by about 10 percent.*

AmeriDiet-ND Quality

- **AmeriDiet-ND** is a superior source of standardized high-potency HCA. Every batch of **Citrin® Plus** is certified by independent laboratory analysis using high performance liquid chromatography.

- For faster results use in conjunction with diet and exercise.

AmeriDiet-ND Advantage

- Studies have shown that it is very safe and won't cause side effects or lead to tolerance.

Supplement Facts

Serving Size: 1 Capsules

Amount Per Serving

Niacin	0.7 mg
Chromium (Cr. Polynicotinate)	100 mcg
Garcinia cambogia Extract	500 mg
yielding Hydroxycitrate	250 mg

Other Ingredients: gelatin, vegetable stearate, silica, chromium polynicotinate (Chromemate® brand).

Warning: If pregnant or nursing, consult your health care practitioner before taking this product.

- **Suggested Use:** As a dietary supplement, take 1 capsule, 30 to 60 minutes before each meal with a full glass of water, or as directed by your health care practitioner.

Distributed by

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.