

Food and Drug Administration  
Center for Food Safety and Applied Nutrition  
Office of Special Nutritionals

ARMS#

13187



2 - LABEL SAMPLE

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**SUGGESTED USE:** As a Dietary Supplement, orally, adults, ONE to TWO caplets two to three times per day, or every four hours, on an empty stomach one hour before meals. DO NOT EXCEED EIGHT CAPLETS PER DAY.

**CAUTION:** AS WITH ANY DIETARY SUPPLEMENT, SEEK ADVICE FROM A HEALTH CARE PRACTITIONER PRIOR TO USE IF YOU ARE PREGNANT OR NURSING, OR IF YOU HAVE HIGH BLOOD PRESSURE, HEART OR THYROID DISEASE, DIABETES, DIFFICULTY IN URINATION DUE TO PROSTATE ENLARGEMENT, OR IF TAKING A MAO INHIBITOR OR ANY OTHER PRESCRIPTION DRUG, OR INTEND ON TAKING TO REDUCE WEIGHT. REDUCE IF NERVOUSNESS, TREMOR OR NAUSEA OCCUR. NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. KEEP OUT OF THE REACH OF CHILDREN.

\*Based on multi-species clinical laboratory testing.



# Natural Herbs

# Metabolife™

## Dietary Supplement 356

Herbal formula to enhance your

# DIET

and provide  
**Energy**  
90 Caplets

**INDEPENDENTLY  
LABORATORY  
TESTED FOR  
SAFETY\***

Supplement Facts		
Serving Size: 1 Caplet		
Amount Per Serving		% Daily Value
Vitamin E	6 IU	20%
Magnesium (as Magnesium Citrate)	75 mg	18%
Zinc (as Zinc Oxide)	5 mg	33%
Chromium (as Chromium Picolinate)	75 mcg	62%
<b>Proprietary Blend</b>	<b>728 mg</b>	
* (40 mg Concentrate (seed) (containing caffeine))		
* (12 mg Concentrate (herbal part))		
Beta Palmitate		
Ginseng (root)		
Garlic (root)		
Leucine		
Santol		
Dandelion (root)		
Sarsaparilla (root)		
Golden Seal (herbal part)		
Nettle (leaf)		
Goat Kola (herbal part)		
Spirulina Algae		
Royal Jelly		

\* Other ingredients: Methylcellulose, silica, croscarmellose sodium, magnesium stearate.

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medWatch Report #13187  
Follow-Up Adverse Report  
Thomas S. Donaldson 01-11-99  
Exhibit: 6 page 3 of 3 TSO

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