

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

ARMS#

13041



2 - LABEL SAMPLE

000001

Best Quality
FDA

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 i.u. 20%
Magnesium (as Magnesium Chelate)	75 mg 18%
Zinc (as Zinc Chelate)	5 mg 10%
Chromium (as Chromium Picolinate)	75 mcg 82%
Proprietary Blend	728 mg
Guarana Condensate (seeds)	(40 mg naturally-occurring caffeine)
Mu Hwang Concentrate (seeds part)	(12 mg naturally-occurring ephedrine)
Bee Pollen	
Ginseng (root)	
Ginger (root)	
Lactin	
Bone Complex	
Dermaine (leaf)	
Baccharis (root)	
Golden Seal (seeds part)	
Hellbark (seeds)	
Goat Kola (seeds part)	
Spirulina Algae	
Royal Jelly	

Other Ingredients: Methylcellulose, silica, croscarmellose sodium, magnesium stearate.
Metabolife International, Inc.
5070 Sanin Fe Street San Diego, CA 92109
(619) 490-5122

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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 DRUGS, 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
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Dietary Supplement
Herbal formula to enhance your
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Metabolife™ 356

We all have tried dieting to achieve our weight loss goals. This generally makes us feel hungry, tired and sluggish. Usually our will power gives out long before we reach our desired weight. As a general rule, when we diet our fat and caloric intake are reduced. The problem with dieting alone is that not only do we lose fat, but we also lose lean muscle tissue (which is not healthy or desirable). If we diet and exercise properly we seem to lose fat and maintain lean muscle. But there are always those areas of accumulated fat that we're unable to lose. On men, that area is politely called love handles, and on women, that area is (not-so-politely) called saddle bags.

The need to be thin has become an obsession with millions of people throughout the world. Science has shown that thinner people tend to be healthier and live longer. In many cases being overweight is not just a matter of will power; it's a matter of genetics and unconscious programming. Because weight loss has become big business, many companies are coming out with products which they claim are the solution to losing weight. Many of those companies have done little or no research. This is where Metabolife stands above all the others. Metabolife 356 is not just thrown together based on speculation and marketing. Metabolife 356 is formulated based on research and safety studies. Metabolife 356 is made from only the finest all natural ingredients at our Government registered and inspected manufacturing facility in the United States. The active ingredients in Metabolife 356 have been independently tested* for safety by two certified and inspected laboratories, which concluded these ingredients to be safe**, and when taking a dietary supplement, safety should be your first and foremost concern.

Metabolife 356 was formulated to raise the metabolism and create a thermogenic response, which in turn burns fat, not lean muscle tissue. Because of this precise blending of herbs and other nutrients, you will immediately realize higher energy levels which is normally not achieved while dieting and reducing caloric intake. In fact, many people take Metabolife 356 as an energy enhancer. Metabolife 356 is also formulated with chromium picolinate which is proven to burn fat and decrease appetite without additional effort.

Metabolife 356 is produced with these thoughts in mind: SAFETY**, QUALITY and provide you with the FINEST supplement available for your diet. Once you try Metabolife 356, we're sure it will become your dietary supplement of choice.

We are so confident that you will be absolutely pleased with Metabolife 356, that we offer a money back guarantee. If you are not satisfied with your purchase, simply return the bottle with your receipt within 30 days of original order to receive a full refund. Please read the entire label before taking the product and then see for yourself the wonderful dietary supplement, Metabolife 356, truly is.

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FOR RE-ORDERS, CALL



*All safety studies are kept on file. The study protocols were designed and reviewed by a U.S. Board certified physician and toxicologist, as well as laboratory and regulatory scientists. All studies were reviewed by an independent M.D., Ph.D., U.S. Board certified physician, pharmacologist and toxicologist.

**When used as directed and consumer reads and observes all cautions.

Metabolife International, Inc. • 5070 Santa Fe Street • San Diego, CA 92109

IMPORTANT
READ BEFORE TAKING
Metabolife™

Metabolife 356 consists of only the finest all-natural herbs gathered from over 12 countries of the world. All Metabolife International, Inc. products are manufactured in the United States at our government registered and inspected facility. Every Metabolife product meets the highest standards in the industry and Metabolife International is recognized as a leader in quality. Metabolife 356 is the only herbal product to achieve the A.C.E.R.I.S. Quality Assurance Seal and surpasses regulatory requirements.

Metabolife 356 is the only medically proven safe* dietary supplement of its kind on the market today. Metabolife 356 medical safety studies were performed at two independent, board certified laboratories under the supervision of a Board Certified M.D., Ph.D., Pharmacologist, Toxicologist, and the former president of the American Board of Toxicology. All laboratory scientists conducting these studies were Board Certified Toxicologists and Pharmacologists.

The following suggested usage was established based on post-market survey and medical safety studies. As with any dietary supplement, read all cautions and directions before taking. If you have any medical condition indicated on the caution panel of the Metabolife 356 label, or are taking any prescription drug, seek advice from a health care practitioner prior to taking.

SUGGESTED USE:

Metabolife 356 should be taken on an empty stomach one hour prior to eating. Women should start by taking one caplet in the morning and one caplet in the afternoon. Men should start by taking 1½ to 2 caplets in the morning and 1½ to 2 caplets in the afternoon. You will notice that the Metabolife 356 caplets are scored to allow for ½ dosage increments. Although the above dosages have been determined for the average person, each person is different and your personal dosage may vary. Adjust your dosage accordingly, but in no event exceed the maximum dosage indicated on the bottle's label unless directed to do so by a health care professional. Metabolife 356 is not intended for use by persons under the age of 18 years without the supervision of a parent or health care practitioner.

In approximately one hour, you should experience an increase in energy and a curbing of your appetite. If you do not experience this effect, do not take more Metabolife 356 until the second indicated dosage time. If necessary, on your next dosage increase the amount by ½ to 1 caplet. Continue this gradual increase until you experience the feeling of being energized and a curbing of your appetite, but in no event exceed the maximum dosage unless directed to do so by a health care professional.

When taking Metabolife 356 you will notice the absence of hunger. DO NOT SKIP MEALS. Metabolife 356 was designed to work better when you eat. You will notice that you will eat less and have more energy. But of course do not force yourself to eat more than desired, because this would defeat your reason for taking Metabolife 356. You will discover the need to drink more fluids. This is completely normal; several herbs in Metabolife 356 are diuretic by nature, so drink more fluids.

Do not lose more than 7 to 11 pounds per month. If you are losing weight at a faster rate, reduce your dosage or eat more.

If you are taking Metabolife 356 for energy and do not wish to lose weight, take only one dosage per day, but again, do not exceed the maximum dosage.

Metabolife 356 is intended as a dietary supplement and should never be abused. Please follow the label's suggested use and cautions.

When used as directed and the consumer reads and observes all cautions. The naturally occurring ephedrine in four Metabolife 356 caplets is equivalent to one extra-strength, over-the-counter, 50mg ephedrine cold tablet.

CAN HELP YOU

Science Is In!
 Vitamins and minerals are far more important in preventing disease than originally believed. Over the past several years scientific community has devoted more time and money in determining the roles of vitamins, minerals and proper nutrition in our health than at any other time in history. The result is more people are choosing to supplement their diet with vitamins and minerals.

Why Buy It If Your Body Can't Use It?
 All vitamin and mineral supplements are created equal. An old adage "you get what you pay for," is appropriate here. Only contain inferior ingredients, fillers or are simply not added to you in a form that your body can use. In other words, they are not bioavailable.

Bio-Available:
 Ready for your body to use
 The key to all Metabolife International, Inc.TM products is that every Metabolife supplement is 100% bioavailable to ensure your body gets the nutrients it needs. Could you find nutritional supplements that cost less? Probably. But if you are looking for nutritional supplements that deliver optimum health benefits, Metabolife International, Inc.TM has the products for you.

Mine'r'lpmTM Vitamⁱⁿam

Your body can utilize key minerals more efficiently at night, when you are at rest. Metabolife International, Inc. designed Mine'r'lpmTM to be taken before bedtime. Mine'r'lpmTM contains the essential and trace minerals needed to supplement for dieters removing and maintain good health. When taken before you sleep, your body will get the most out of a good night's rest.



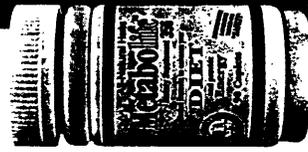
MetabolifeTM 356

The All Natural Weight Loss Supplement That Will Energize Your Life

Our obsession with being thin is not completely without merit. Studies show that people who are thinner are often healthier and live longer. But carrying additional pounds is not always a matter of overeating or lack of will power. It is often related to genetics, metabolism and unconscious conditioning.

The problem with most diets is that they are based almost solely on reducing calories and fat — in other words, starving the body. Your body's natural reaction to starvation is to store fat and use lean muscle for its energy — the opposite of what you want your diet to achieve.

While some weight loss may occur with these starvation diets, those areas of greatest concern — "love handles" on men and "saddle bags" on women — never seem to disappear.



MetaboNiteTM Natural Sleeping Aid

It was once said that sleep is God's reward for hard work. Unfortunately, in today's bustling, high stress world, getting proper rest seems to be the last thing on anyone's "To Do" list.

MetaboNiteTM is an all natural herbal product which can help restore balance and peace in your hectic lifestyle.



WEIGHT LOSS

Metabolife 356TM is formulated to raise the body's metabolism and create what is called a thermogenic response. In other words, Metabolife 356TM helps you burn fat, not lean muscle mass. When taken as directed, Metabolife 356TM can help you achieve your dieting goals in a healthier, more beneficial way.

AND ENERGY

Too often, that tired, listless feeling many people experience when dieting is what ultimately undermines their efforts to lose weight. You won't feel that way with Metabolife 356TM. The precise blending of herbs and other all-natural nutrients makes Metabolife 356TM a diet supplement that can actually increase your energy level! In fact, Metabolife 356TM is often taken solely for its energy enhancing benefits.

Combining the best of science and nature. When taking a dietary supplement of any kind, safety should always be your first and foremost concern. The unique blend of herbs and other natural ingredients in Metabolife 356TM was formulated after years of research. The safety of its active ingredients has been established by two independent studies at certified laboratories.* You can be assured that Metabolife 356TM is one of the safest, most effective ways to boost your diet plan.

* Copies available from Metabolife International, Inc.

SMOKER'STM NUTRITION

If you smoke, then you may have special nutritional needs. Studies show that smoking can burden the body with tar and nicotine, and introduce metals, insecticides and other toxins into your system. Coupled with the depletion of critical antioxidants, smoking can take a heavy toll. To help counteract the negative effects of smoking, Metabolife International, Inc.TM has developed a special nutritional supplement, Smoker's NutritionTM. Specially formulated to deliver antioxidant vitamins, minerals (including selenium) and other essential nutrients, Smoker's NutritionTM is a complete, bioavailable supplement for those who smoke.



First Time Order: 800-962-DIET
 Reorder:
 Customer Service:
 www.Metabolife.com

Please make checks payable to:

Metabo

International, Inc.
 5070 Santa Fe Street, San Diego, CA 92109

Purchase and Shipping Information

Form of Payment: Credit Card Check Money Order

Name _____

Street _____

City _____

State _____

ZIP _____

Phone _____

Credit Card# _____

Exp _____

Date _____

Signature _____

For multiple bottle order discounts call _____

Metabolife 356 TM	# units ordered	x \$49.95 = \$ _____
Mine'r'lpm & Vitam ⁱⁿ am TM	# units ordered	x \$39.95 = \$ _____
Smoker's Nutrition TM	# units ordered	x \$29.95 = \$ _____
MetaboNite TM	# units ordered	x \$29.95 = \$ _____
Metabolife Skin Care	# units ordered	x \$99.95 = \$ _____
TOTAL \$		\$ _____

Prices include tax, shipping & handling

Metabolife 356TM 90 Day supply, Cleaning Lotion, Enzyme Lotion & Moisturizing Cream

Mine'r'lpm & VitamⁱⁿamTM 90 Capsules

Smoker's NutritionTM 90 Capsules

MetaboNiteTM 60 Capsules

UNCONDITIONAL SATISFACTION
 We're so confident in all of our products, we offer a 30 day money back guarantee. If you are dissatisfied with any Metabolife product, simply return it along with your receipt within 30 days of purchase for a full refund.

as sensitive as the skin you were born with



As easy as ONE, TWO, THREE

MONI™ Three-Step Skin Care System. Our all-natural, nonabrasive ingredients and enzymes achieve youthful results without burning, damaging or scarring your skin. All MONI™ skin care products are formulated with aloe vera — so gentle they can be applied to sensitive skin as often as you wish, without worry of irritation or damage.

STEP ONE: MONI CLEANSING LOTION

MONI™ Cleansing Lotion is an exquisite blend of effective, all-natural ingredients that penetrate the outer layer of your skin, gently removing impurities and other environmental pollutants. MONI™ Cleansing Lotion should be used each time you cleanse your face. It is the perfect beginning to younger looking skin.

STEP TWO: MONI ENZYME EXFOLIATING LOTION

This unique, acid-free combination of enzymes deep cleans your pores, leaving your face fresh, smooth and radiant. With regular use those fine lines, blemishes and wrinkles will seem to disappear. MONI™ is so gentle it may be used daily without harmful effects.

STEP THREE: MONI MOISTURIZING CREAM

The rich, luxurious MONI™ moisturizing cream adds a supple, youthful appearance to your skin. This non-oily formula promotes the body's natural production of elastin for firmer, more resilient feeling skin, while antioxidants help guard against the damage caused by environmental pollutants.

Purchase of a 90-day MONI™ Three-Step Skin Care System includes a stylish fabric purse, all three-step products, and an instructional VCR video tape explaining the proper use of these products. Each MONI™ product can also be purchased separately.

The MONI™ Three-Step Skin Care System... as sensitive as the skin you were born with



I S O U R M A I N

ingredient. The nutritional and health products developed at Metabolife International, Inc. are manufactured from the finest ingredients at a Government registered and inspected facility in the United States. We maintain the highest standards and practices in our industry and feel there are no finer nutritional supplements on the market today.

life™
International, Inc.™

Quality

can FEEL

- Diet Supplements
- Vitamins
- Sleep Supplements
- Smoker's Supplements
- Skin Care Systems

ALL NATURAL SUPPLEMENTS



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