

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

ARMS#

13463



2 - LABEL SAMPLE

000001



Being thin and having energy is the rage! The need for us all to stay healthy includes keeping our weight under control, is that hard or what? Just a few busy days through the local fast food drive-through and your pants are not very comfortable. You sit down to watch your favorite sitcom on TV and what was once a full bag of potato dips is now gone. Oops! Or for some of us age alone just seems to slow down our metabolism to a frustrating rate.

Let's diet! Oh Sure! 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.

What Makes Metabolife 356™ different? 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™ is not just thrown together based on speculation and marketing. Metabolife 356™ have been independently tested* for safety by two certified and inspected laboratories which concluded these ingredients to be safe**, and when taking dietary supplement, safety should be your first and foremost concern. 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, registered and inspected facility. Every Metabolife 356™ is the only herbal product to achieve the ACERIS Quality Assurance Seal and surpasses regulatory requirements.

How does it work? Metabolife 356™ was formulated to raise the metabolism and create a thermogenic response, which in turn burns fat, not lean muscle. 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 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.

**For more information contact your independent
Metabolife™ Distributor:**

* 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.

000002

**FOR THE
BEST RESULTS
READ BEFORE TAKING**

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.

RECOMMENDED 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 1 1/2 to 2 caplets in the morning and 1 1/2 to 2 caplets in the afternoon. You will notice that the Metabolife 356™ caplets are scored to allow for 1/2 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 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 1/2 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.

How will I feel? 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.

Just for Energy! 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.

Remember! 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™. There is a full 30 day money back guarantee, if you are not totally satisfied. Make sure to read the entire label before you take Metabolife 356™, then see for yourself the fabulous dietary supplement, Metabolife 356™ truly is.



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 an extra strength over the counter 50 mg ephedrine cold tablet.

000003