

DOSIS AANWYSINGS:

Volwasse nes (16+): Vir die eerste 2 dae, neem 1 tablet 3 keer (oggend, middag en namiddag) voor maaltye. Op die 3de dag, neem 'n 4de tablet vroeg in die aand – indien nodig. Vir Maksimum effek – neem 2 tablette 3 keer daaglik (eers na die 2 dae inleidende fase).

Om met Gewigsverlies te help:

- Neem saam met **Ultima 1 Shake** om jou gesondheid en metabolisme te handhaaf, en terselfdertyd jou kilojoule inname te beperk.
- Voeg elke dag, ten minste 1 uur van lae inspanning oefening by (soos stap of swem).
- Drink elke dag ten minste 6 glasse water.
- Verminder die vet en olie inname van die kos wat jy eet.

SAMESTELLING INLIGTING:

(Tipiese waardes per 3 Tablette): Vitamien E (Tocopherol) – 19 mg a-TE, Vitamien B1 (Tiamien) – 3 mg, Vitamien B2 (Riboflavin) – 3.6 mg, Vitamien B3 (Niasien) – 24.90 mg, Vitamien B5 (Kalsium Pantothenaat) – 20 mg, Vitamien B6 (Pridoksien) – 10 mg, Vitamien B12 (Methylcobalamien) – 24.9 µg, Magnesium – 20 mg en Sink – 30 mg. **Mengsel (1 172 mg Natuurlike Plant Ekwivalent) Bevat:** Guarana, Kafeien, Eleutherococcus Senticosus (Siberiese Ginseng), Taurine, Glycyrrhiza, Rooipeper (Capsicum), Zingiber, Spirulina, Lesien, Inositol, Kofien en Chroom. **Onaktiewe Bestanddele:** Sorbitol en Magnesiumstearaat.

VRYWARING: Hierdie medisyne is nie deur die Medisynebeheerraad goedgekeur nie. Hierdie medisyne is nie bedoel om te diagnoseer, te behandel, genees of enige siekte te voorkom nie.

Stoek gebruik en raadpleeg 'n dokter indien enige nadelige reaksies plaasvind. Bêre op of onder 25 °C. sien voubiljet en pasiëntinligtingsblaadjie binnekant box. **HOU BUTTE BEREIK VAN KINDERS.**

Contains 30 Tablets – Bevat 30 Tablette

Ultima

SO

032.3
Combination
Complementary
Medicine/
Kombinasie
Komplementêre
Medisyne

Metabolift

With Caffeine, Guarana, Ginger and more
Met Kafeien, Guarana, Gemmer en meer
No Diuretics, Laxatives or Preservatives
Geen Diuretika, Lakseermiddels of Preserveermiddels

DOSAGE INSTRUCTIONS:

Adults (16+): For the first 2 days take 1 tablet 3 times (morning, lunch, mid afternoon) before meals. On day 3, add a 4th tablet early evening if desired. For Maximum Effect: take 2 tablets 3 times daily (after 2 day introductory phase).

To assist with Weight Loss:

- Take together with **Ultima 1 Shake** to maintain your health and metabolism while reducing your kilojoule intake.
- Each day add at least 1 hour of low-exerion exercise (such as walking or swimming).
- Drink at least 6 glasses of water every day.
- Minimise the fat & oil intake of the foods you eat.

COMPOSITION:

Typical Values per 6 Tablets: Vitamin B1 (Thiamine) – 3 mg, Vitamin B2 (Riboflavin) – 3.6 mg, Vitamin B3 (Niacin) – 24.90 mg, Vitamin B5 (Calcium D Pantothenate) – 20 mg, Vitamin B6 (Pyridoxine) – 10 mg, Vitamin B12 (Cyanocobalamin) – 24.9 µg, Vitamin E (Tocopherol) – 15 mg a-TE, Zinc 30 mg. **Proprietary Blend (1 697 mg) consists of:** taurine, Chitosan, Caffeine, Guarana Extract, Garcinia Cambogia 60% Extract, Cayenne Pepper (Capsicum), Betaine HCL, Lecithin, Inositol, Choline, Chromium. **Inactive Ingredients:** Sorbitol and Magnesium Stearate.

DISCLAIMER: This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

Discontinue use and consult a doctor if any adverse reactions occur. Store at or below 25 °C. See package insert and patient information leaflet inside box. **KEEP OUT OF REACH OF CHILDREN.**

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