

# Action Caps®

Revitalize Your Wellness



**SUNRIDER®**  
**action caps®**  
Dietary Supplement | Herbal Concentrate  
Weight Management,  
Metabolic, and  
Digestion Support\*\*  
100 Capsules  
(525 mg each)  
Net Wt. 1.85 oz./52.5 g





# ACTION CAPS

Action Caps are designed to enhance the body's metabolic processes so you can burn calories more efficiently.\* Designed to complement a low-fat, high-fiber diet, Action Caps are fortified with digestion-supporting ingredients to maximize the absorption of vital nutrients. For best results, use Action Caps as part of a sustainable weight-management program that includes daily exercise and a balanced diet rich in high-fiber, low-fat foods.



## BENEFITS

- Antioxidant properties to fight free radicals\*
- Supports cardiovascular health\*
- Supports weight management\*\*
- Supports healthy digestion and the body's natural cleansing process\*
- Supports healthy function of liver, kidneys, and urinary tract\*

## FEATURES



GMO FREE



Botanical



Easy to Swallow

## FAQ

### Q: Can anyone benefit from Action Caps?

A: Absolutely! Our formula supports a faster, more efficient metabolism in men and women. It also supplies powerful, highly concentrated antioxidants to fight free radicals. Our natural supplement also aids in the digestion and breakdown of essential nutrients, ensuring optimal absorption and utilization.

### Q: How does digestion affect weight loss?

A: Your digestive system breaks down food into nutrients such as vitamins and minerals, which your body absorbs, while eliminating waste and toxins. Frequently, however, due to poor diet or other imbalances in the body, waste can build up and cause a sluggish digestive system, which can lead to weight gain. Action Caps support a smooth-running digestive system, including its natural cleansing processes, helping to clear waste from your body.\*

## HOW TO USE

Take two to three capsules three times a day with meals.

Always read the product label – Use as directed.

± This product contains Cassia Tora Seed. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cassia Tora Seed may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

\*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.

\*\*Weight results may vary depending on starting point, goals, and effort. Regular exercise and a proper diet are required to achieve and maintain any weight goals. Please consult a health professional or physician before beginning any exercise program.

## INGREDIENT HIGHLIGHTS

### CAMELLIA SINENSIS LEAF

The extract from this plant contains tea catechins, naturally occurring polyphenols that may have a positive effect on both lipid and carbohydrate metabolism.\* These polyphenols aid in the body's natural cleansing process and absorb harmful free radicals, removing them from the body before they can do damage.\*

### CASSIA TORA SEED

Cassia tora seeds are a good source of antioxidants, have cleansing properties and are also used to support cardiovascular health, the liver, and the elimination process.\* ±

### ALISMA PLANTAGO-AQUATICA TUBER

This aquatic plant is known for its diuretic properties, promoting the elimination of excess fluids. Additionally, it aids in maintaining the healthy function of the liver, kidneys, and urinary tract, while also exhibiting anti-inflammatory effects.

### BAI-ZHU ATRACTYLODES RHIZOME

This plant root is popular in traditional Chinese Medicine and is used to promote healthy digestion.\* It supports an efficient metabolism and reduces fluid retention.\*

## Supplement Facts

Serving Size 3 Capsules (525 mg/capsule)  
Servings Per Container about 33

	Amount Per Serving	% Daily Value
Calories	5	
Sodium	4 mg	<1%*
Total Carbohydrate	1 g	0%*
Dietary Fiber	0 g	0%*

Proprietary Blend: 1.6 g †

Ingredients: Camellia sinensis leaf, Cassia tora seed, Alisma plantago-aquatica tuber, bai-zhu atractylodes rhizome, Ledebouriella seseloides, magnolia flower, and Ligusticum striatum.

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Vegetable-based capsule (hydroxypropyl methylcellulose).