

ACTION CAPS® FIT

Turn on the fat-burning power of your metabolism to support weight loss and optimal fitness results. Packed with a potent blend of super-concentrated green tea and extracts of garcinia fruit, rosemary, and lingonberry, our antioxidant-rich herbal formula jump-starts a thermogenic effect that activates brown fat to burn off white fat.* No jitters or sleeplessness, just naturally effective results.

BENEFITS

- Supports fat loss*
- Boosts metabolism*
- Promotes brown fat to burn more calories*
- Good source of antioxidants*
- Supports energy*
- No laxatives, stimulants, or artificial additives



100 capsules #01403

INGREDIENT HIGHLIGHTS

LINGONBERRY EXTRACT

Lingonberries are packed with antioxidant power in the form of plant chemicals called polyphenols. Studies have shown lingonberries prevent fat deposition and thus lingonberry extract may support weight loss.*

GARCINIA FRUIT EXTRACT

This tropical fruit is a natural source of hydroxycitric acid (HCA), a compound that research suggests may prevent fat storage, help control appetite, and support a healthy metabolism.*

GREEN TEA CONCENTRATE

This herbal extract contains tea catechins, naturally occurring polyphenols that may have a positive effect on both lipid and carbohydrate metabolism.*

	Owner Expertise Formulation		Kosher Certified
	Self-Manufactured in the USA		Halal Certified
	Made with Natural Ingredients		NSF Certified
			GMO Free

FAQs

Q: How does Action Caps® Fit help me burn fat?

A: Key to this formula's effectiveness is how it targets a specific type of fat in the body. Your body has brown fat (energy burning) and white fat (energy storing). Brown fat has the unique capacity to reduce white fat by activating thermogenesis, a metabolic process in which brown fat uses white fat as fuel and burns energy (calories) to be used for body heat. Action Caps® Fit is designed to support this process.*

Q: Why is brown fat considered a "good fat" and white fat considered a "bad fat"?

A: Because brown fat burns calories, this type of fat can help you maintain a healthy weight, in addition to helping you stay warm. Brown fat is actually more closely related to muscle than to white fat, and it becomes activated when you get cold. Activated brown fat uses white fat as fuel and burns more energy (calories) to be used for body heat.

White fat is the adipose fat found below the skin and around the organs. White fat is much more plentiful than brown fat. White fat does help us to regulate our temperature by insulating organs, but it does little to burn calories like brown fat does. You generate white fat by consuming too many calories and expending too few calories. Typically found on the belly, buttocks, and thighs, it's the fat we attempt to lose when embarking on a weight-loss program.

HOW TO USE

Take three capsules, three times a day with meals.

Supplement Facts

Serving Size 3 Capsules

Servings Per Container about 33

	Amount Per Serving	% Daily Value
Calories	10	
Calories from fat	5 g	
Total Fat	0.5 g	1%*
Total Carbohydrate	1 g	<1%*

Proprietary Blend: 1.35 g †
Ingredients: Rosemary extract, lingonberry extract, garcinia fruit extract, green tea concentrate, and ginger root extract.

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

† Daily Value not established.

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

* 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.



NOURISH + CLEANSE = BALANCE

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.