

**DIRECTIONS:** As a dietary supplement, take 3 tablets daily with water, preferably not with carbohydrate-heavy food. On exercise days, take Performance Formula 30 to 45 minutes before working out. On non-exercise days, Performance Formula can be taken at any time during the day, preferably without carbohydrates. Performance Formula is most effective when taken all 3 at once but can be spread throughout the day.

**STORAGE:** Keep tightly closed in a cool, dry place.

**\*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.**

**WARNING:** Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.

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PP LBL306 / SUP PERF30 Rev. 02/18/09



# Performance

## Formula

- Supports overall recovery and adaptation to physical exercise or training\*
- Supports healthy metabolism in adults\*
- Supports healthy circulation and oxygenation\*

PERFORMANCE  
nutrition

90 TABLETS 30-DAY SUPPLY DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 30

Amount Per Serving	% Daily Value **
Magnesium (as magnesium oxide)	200 mg 50%
<i>Garcinia cambogia</i> fruit extract (50% hydroxycitric acid)	1000 mg **
Panax ginseng root extract	300 mg **
<i>Rhodiola crenulata</i> root extract	300 mg **
Carnitine (as L-carnitine tartrate)	125 mg **
Green tea leaf ( <i>Camellia sinensis</i> ) extract	55 mg **

\*\*Daily Value (DV) not established

**OTHER INGREDIENTS:** Microcrystalline cellulose, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, and hydroxypropylcellulose.

**PERFORMANCE FORMULA** is free of preservatives, wheat, corn, sucrose, starch, salt, and yeast.