

No Artificial Colors  
No Preservatives  
No Dairy, Yeast Free  
Store in a cool, dry place.

**KEEP OUT OF THE  
REACH OF CHILDREN.**

Do not use if you are pregnant  
or nursing without consulting  
your healthcare provider.

For more information:  
1.859.422.7048

[www.trueessentials.net](http://www.trueessentials.net)

Distributed by:  
True Essentials, Inc.  
Lexington, Kentucky 40503

**Made in the USA**

30-day guarantee

**100% Satisfaction Guaranteed**



# Fat & Carb Control

Dietary Supplement

Lifestyle  
*essentials*

90 capsules

**Directions:** Swallow 1 to 2 capsules with fluid  
up to 30 minutes before each meal.

## Supplement Facts

### Fat & Carb Control

Serving Size 1 capsule

Servings per container 90

Amount Per Serving	% DV
Opuntia Ficus-indica (leaf) 250mg (Neopuntia™)	**
White Kidney Bean Extract 150mg (Phase 2™)	**
Wheat Extract (seed) 10mg (Alpha Trim™-W)	**
Cassia Nomame Extract 8% (aerial) 100mg	**

**\*\*Daily Value not established**

**Other Ingredients:** Gelatin and water