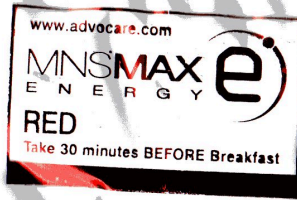


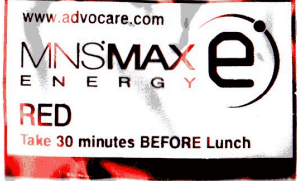
Metabolic Nutrition System Instructions

1



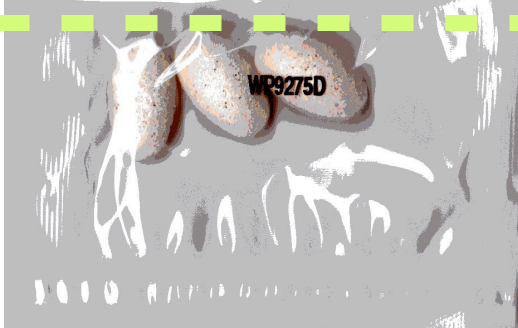
Take approx. 30 minutes before breakfast on an **EMPTY STOMACH!**

2



Take approx. 30 minutes before lunch on an **EMPTY STOMACH!**

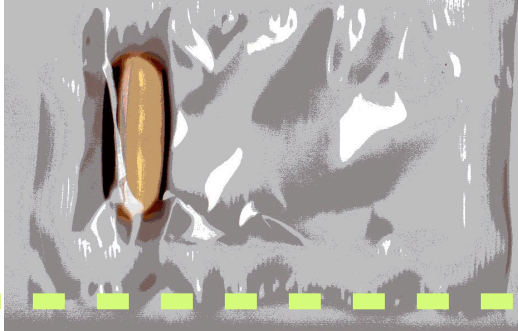
3



Take **WITH FOOD!**

Preferably with breakfast or lunch.

They can be taken immediately before a meal, with the meal, or directly on top of a meal. The white packet has more nutritional value than prenatal vitamins; therefore, food intake is essential



Which MNS system are you?

Looking for Appetite Control? **Max C**

Looking for Energy? **Max E**

Looking for Balance and the

Best All-Around Wellness? **Max 3**