

Suggested Use

Rapid Thermal® C3 Daytime Formula

Suggested Dosages:

As a dietary supplement, take one-two capsules before breakfast or morning exercise session, and one-two more capsules before lunch.

Begin use with one-half the recommended dose (one capsule twice per day) for the first seven days to assess your tolerance. Individuals with a sensitive stomach may want to take with food.

For best results, use as part of a reduced fat diet and exercise program.

Do not exceed four capsules per day.

Rapid Thermal® PM Night Time Formula

Suggested Dosages:

As a dietary supplement, take one-three capsules before bedtime only.

For best results, use as part of a reduced fat diet and exercise program.

Do not exceed three capsules per day.

AlphaLEAN®

Suggested Dosages:

As a dietary supplement, take 1-2 capsules up to three times a day with meals.

Example:

Breakfast: (One) Rapid Thermal C3 and (One) AlphaLEAN

Lunch: (One) Rapid Thermal C3 and (One) AlphaLEAN

Dinner: (Three) Rapid Thermal PM and (One) AlphaLEAN

For best results, use as part of a reduced fat diet and exercise program. Visit ClubRapidThermal.com for help with your diet and exercise program.

***Do not use until you have read the label on each product carefully for Supplement Facts and Warnings.**

†These statements have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent any disease.