

Healthy Appetite and Fat Storage Control

Different people have different weight management needs. One product may work wonders for some, but may be ineffective for others. Crucial components to effective weight management involve satisfying your body's nutritional needs, and working with your metabolism to effectively decrease the amount of fat stored by your body.

Citri-Shape is formulated with highly effective ingredients to provide successful weight management support. It is based on an extract derived from the *Garcinia cambogia* plant called Hydroxycitric Acid, or HCA. In addition to *Garcinia cambogia*, Citri-Shape also contains the minerals chromium and manganese, as well as multiple B vitamins, including thiamin, riboflavin, niacin, pyridoxine, folic acid, biotin, and pantothenic acid.

Citri-Shape is an exceptional product for individuals who want an effective non-thermogenic option for weight management support. It works with your body's metabolism, helping you look and feel great.

Key Points

- Inhibits Fat Storage:** Studies suggest that HCA is a potent inhibitor of ATP citrate lyase, an enzyme primarily found in the liver which regulates the body's carbohydrate-to-fat conversion process. By reducing the carbohydrate-to-fat conversion, your body will utilize the excess carbohydrates for energy, instead of converting them to fat, thus reducing the opportunity for fat to accumulate. Chromium and manganese are also included in the Citri-Shape formula for their role in processing carbohydrates and fatty acids and in activating enzymes in the body.
- Supports Healthy Appetite Control:** Eating foods in moderate proportions is much easier when your appetite is normal and healthy. HCA has been shown to help convert excessive calories to glycogen in the liver rather than fat cells, providing a readily-available source of energy which, in turn, reduces cravings for high calorie snacks. Chromium adds even greater support to the body for maintaining a normal, healthy appetite by supporting normal, healthy blood sugar levels.
- Promotes Healthy Energy Levels:** B vitamins play many essential roles, especially in the manufacturing of energy. They help the body resist the effects of excessive stress and nourish the nervous system.
- Citri-Shape Weight Management Trio:** Combining Citri-Shape with two other 4Life weight management products provides a synergistic power that enhances the effectiveness of Citri-Shape. The Citri-Shape Trio features Catalyst Plus®, MetaboLite™, and Citri-Shape, all working together to support a healthy appetite and promote thyroid function. See the Technical Points for additional information.

Did you know?

The source of HCA in Citri-Shape comes from both the fruit and rind of the *Garcinia cambogia* plant.

The liver makes and stores glycogen (from simple sugars) and converts it to glucose for energy as needed by the body.



CITRI-SHAPE

DIRECTIONS: Take one (1) to two (2) capsules with 8 oz of fluid three times daily. For best results take 30 to 60 minutes before a meal.

Supplement Facts

Serving Size: One (1) Capsule
Servings Per Container: 90

Amount Per Serving	%DV*
Vitamin B1 (as thiamine mononitrate)	750 mcg 50%
Riboflavin	850 mcg 50%
Niacin (as niacinamide)	10 mg 50%
Vitamin B6 (as pyridoxine hydrochloride, 1 mg pyridoxal 5-phosphate)	50%
Folate (as folic acid)	200 mcg 50%
Vitamin B12 (as cyanocobalamin)	3 mcg 50%
Biotin	150 mcg 50%
Pantothenic acid (as d-calcium pantothenate)	5 mg 50%
Manganese (as amino acid chelate)	2 mg 100%
Chromium (as amino acid chelate)	200 mcg 170%
<i>Garcinia cambogia</i> fruit extract	500 mg †

* Daily Value

† Daily Value not established

Other Ingredients: Gelatin capsule, rice flour, magnesium stearate, silicon dioxide.

Technical Points

- Each Citri-Shape capsule contains 500 mg of Garcinia cambogia, yielding an extract of 250 mg of HCA.
- Catalyst Plus combines the effectiveness of gymnema and chromium with additional ingredients to promote healthy appetite control, support normal, healthy blood sugar levels, and support overall energy.
- MetaboLite features nutrients that support thyroid function, digestive function, and cellular function

Ordering Information

Item # 1070 - 90 ct/bottle
Item # 1072 - 12 bottles for the price of 11
Item # 3017 - Weight Management Trio
Item # 3018 - 12 Trio's for the Price of 11

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