

**DIRECTIONS:** (Adult) Take two (2) Veggie Capsules twice daily before starchy meals and snacks. For optimum results, use in conjunction with a low calorie diet and exercise plan<sup>‡</sup>. Take Veggie Capsules with a full glass (8 oz.) of water.

## Supplement Facts

Serving Size: 2 Veggie Capsules  
Servings Per Container: 20

	Amount Per Serving	% Daily Value
Common Bean (White Kidney Bean) extract (20:1)(fruit)	1000 mg	†

†Daily Value not established

Other ingredients: Rice flour, hypromellose, magnesium stearate and silicon dioxide.

**Usage Warnings:** Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions, including digestive disorders or acid reflux disease. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

**WARNING:** (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

DISTRIBUTED, FORMULATED and QUALITY TESTED by:  
**Applied Nutrition**™ P.O. Box 66457 • Los Angeles, CA 90066

QUESTIONS: Contact Consumer Affairs  
1-800-297-3273 Weekdays 8:00 AM to 5:00 PM (PST)  
Questions@AppliedNutrition.com

‡ Diet & Exercise Plan available online at:  
[www.AppliedNutrition.com/deplan](http://www.AppliedNutrition.com/deplan)

## A Powerful Formula to Help Neutralize Carb Calories from High Carb Meals\*



Pre-Meal Carb Blocker™ contains white kidney bean extract, a key ingredient which has been researched for its ability to slow the breakdown of starchy carbohydrates by decreasing the activity of the enzyme alpha-amylase (amylase).\*

Starchy carbohydrates include foods such as breads, cereals, rice, pasta and cake. Amylase is a digestive enzyme naturally produced in the body and necessary for starch digestion.\* When the activity of amylase is decreased, starches may be broken down into sugar more slowly.\* Sugar in excess of your body's immediate energy needs, is stored as glycogen or is converted and stored as fat. By slowing this process it may cause less spikes in sugar which may cause less sugar calories to be stored as fat.\*

\*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.



Take Before  
High-Carb  
Meals!



# PRE-MEAL

# CARB BLOCKER™

Take this Powerful Formula  
Before High-Carb Meals to Help  
**Neutralize Carb Calories\***



**40 Veggie Capsules**  
DIETARY SUPPLEMENT

## Pre-Meal Carb Blocker™ The Powerful Way to Help Neutralize Carb Calories\*

This advanced formula is delivered in Veggie Capsules.\* It is designed to help combat carb calories from high carb meals such as pasta, pizza and bread.\*

When used with a low calorie diet and exercise plan<sup>‡</sup>, Pre-Meal Carb Blocker™ helps support proper weight management.\*



*Applied Nutrition® is committed to developing science-based products that exceed the highest standards for quality and purity. As a leader in innovation, we continuously strive to bring forward new ideas and groundbreaking formulas that enhance health and well-being. To view our entire line of products, please visit us online at:*

[www.AppliedNutrition.com](http://www.AppliedNutrition.com)