SUGGESTED USE: As a dietary supplement, adults start with 1/2 serving (1 Capsule) to assess your body's tolerance before moving up to the full serving (2 Capsules). Best if taken in the morning on an empty stomach, or as directed by a physician or qualified healthcare professional. This product should not be taken in combination with other products containing caffeine or other stimulants. Do not take within six hours of bedtime. **Please read the entire label before use.**

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

Amount Per Serving		% Daily Value
Calories	10	
Calories from Fat	5	
Total Fat	1 g	2%
Vitamin D3 (as Cholecalciferol)	400 IU	100%
Niacin (as Nicotinic Acid)	3 mg	15%
Vitamin B12 (as Methylcobalamin)	334 mcg	5,567%
Sphere™ Thermo Complex†	1,215 mg	**
TERRA™ Pod Thermo Beadlet†		**
Caffeine Anhydrous (250 mg), Sensoril® Ashwagandha (*Withania somnifera*) (root/leaf) extract (std., 8% Withanolides and 32% oligosaccharides), Advantra Z® Bitter Orange (*Citrus aurantium*) extract (fruit) (supplying synephrine, n-methyltyramine, hordenine, tyramine, and octopamine), Synephrine HCl, Huperzine A (*Huperzia serrata*) extract (whole herb) (std., 1% Huperzine), Yohimbine HCl, *Mucuna pruriens* extract (seed) (std., 40% L-DOPA), BioPerine® (Black Pepper (*Piper nigrum*) extract (fruit) (std.,95% Piperine)		
Energizing Oil Matrix†		**
Medium Chain Triglycerides, Safflower (*Carthamus tinctorius L.*) extract (std., 78% Conjugated Linoleic Acid)		

** Daily Value Not Established

OTHER INGREDIENTS: Gelatin, Sugar, Talc, Shellac, Corn Starch, Povidone, Silica, FD&C Red #40, Titanium Dioxide, Magnesium Stearate
CONTAINS: Soy

ADVANCED NUTRITION SYSTEMS™ Manufactured exclusively for and distributed by: ADVANCED NUTRITION LLC
221 S. Cherokee St. Denver, CO 80223

Sensoril® is protected under U.S. patents 6,153,198 and 7,318,936. NutraGenesis is the exclusive North American sales and marketing agent for Sensoril®.

MADE IN THE USA Proudly made in the USA with carefully selected ingredients of international and domestic origin.

BioPerine® is a registered trademark of Sabinsa Corp.
Advantra Z® is a registered trademark of Nutratech, Inc.

WARNING: DO NOT USE IF PREGNANT, NURSING, OR PLAN ON BECOMING PREGNANT. THIS PRODUCT IS INTENDED FOR USE BY HEALTHY ADULTS OVER THE AGE OF 18 AND SHOULD BE AVOIDED BY THOSE SENSITIVE TO CAFFEINE OR OTHER INGREDIENTS THAT HAVE KNOWN STIMULANT EFFECTS. Contains caffeine. Do not use this product continuously for more than 8 weeks. Do not combine with alcohol. Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake. Do not consume synephrine or caffeine from other sources, including, but not limited to, coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Consult a physician or licensed qualified health care professional prior to use if you are pregnant or nursing, or if you are taking medication, including, but not limited to MAO inhibitors, antidepressants, aspirin, nonsteroidal anti-inflammatory drugs or products containing phenylephrine, ephedrine, pseudoephedrine, or other stimulants, or if you have a medical condition, including, but not limited to, heart, liver, kidney, or thyroid disease, psychiatric or epileptic disorders, difficulty urinating, diabetes, high blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. Discontinue 2 weeks prior to surgery or if you experience rapid heart beat, dizziness, severe headache or shortness of breath. **DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN. KEEP OUT OF REACH OF CHILDREN.**

Item ANS-127

Store in a cool, dry place. Please recycle.

cGMP Dietary Supplements

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†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.

METABOLIC
SPHERE
MULTI-PHASE THERMOGENIC†

EXPLOSIVE METABOLIC ACTIVATOR
POWERFUL ENERGY AND FOCUS
MULTI-PHASE FAT BURNING

TIME-RELEASE THERMOGENIC formula that helps to **REV UP YOUR METABOLISM, BURN CALORIES** and **SUPERCHARGE YOUR MENTAL AND PHYSICAL ENERGY LEVELS.†**

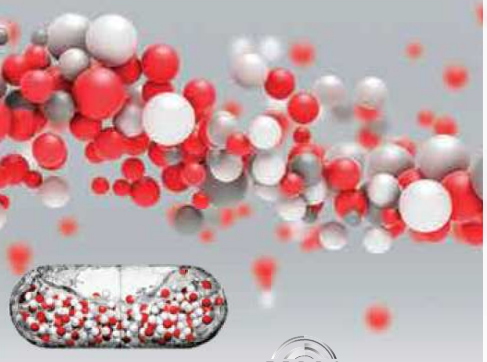
What makes this fat-burner unique is **TERRA INTELLIGENT DOSING™ TECHNOLOGY,** a **MORE EFFECTIVE DELIVERY METHOD** that provides **OPTIMIZED INGREDIENT PERFORMANCE.**

You put in the work to dominate your goals all day, so you need **A THERMO THAT DOESN'T QUIT.†**

ADVANCED NUTRITION SYSTEMS™

METABOLIC SPHERE

MULTI-PHASE THERMOGENIC†



60 BEADCAPS

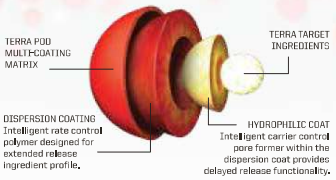
DIETARY SUPPLEMENT

TERRA INTELLIGENT DOSING

METABOLIC
SPHERE
MULTI-PHASE THERMOGENIC†

TERRA INTELLIGENT DOSING™

METABOLIC SPHERE is driven by our TERRA Intelligent Dosing™ technology, utilizing best in class bioavailability enhancers and intelligent dosing delivery to help maximize every single molecule's potential.†

TERRA Coating is an innovative Multi-Coating Matrix (MCM) technology that targets pH extended release functionality. This offers an advanced delayed release coating system designed with multiple release points to help maximize ingredient performance.†

ADVANCED MULTI-PHASE EXTENDED RELEASE†