

**For both Men and Women**

**Directions for use:** Take one (1) capsule, preferably before exercise, on an empty stomach with at least 8-10 fl. oz of water. Consuming late in the day may impair sleep. Do not exceed 2 capsules daily.

• For the best individual results, serving times may vary •

**For Optimal Results:** Eat a reduced calorie diet and exercise at least three times per week.

**Warning:** Not intended for use by persons 17 years or younger without the supervision of a health professional and parent/guardian. Keep out of reach of children. Not for use by persons who are pregnant/nursing, sensitive to caffeine, a medical condition, or are taking MAO inhibitor or ADHD drugs. Consumption contrary to warning may cause adverse health effects. If unpleasant effects occur, discontinue use.



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

**Fast Acting Thermogenic  
& Metabolism Formula\*\***

*with Plum Fruit Extract*

**Plum  
Skinny™**



ENERGY\*\*



WEIGHT  
MANAGEMENT\*\*



FAT  
BURNING\*\*

**30 Capsules**

**Dietary Supplement**

**SUPPLEMENT FACTS**

Serving Size: 1 Capsule    Servings Per Container: 30

	Amount Per Serving	% Daily Value
Niacin	15 mg	75%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
Vitamin B12 (as methylcobalamin)	6 mcg	100%
Chromium (as chromium Polynicotinate)	120 mcg	100%

**Plum Skinny Proprietary Blend: 457 mg \***

Green tea leaf extract (providing min. 90 mg EGCG), Caffeine anhydrous (140 mg), *Mucuna pruriens* seed extract (20% L-dopa), *Garcinia cambogia* fruit extract, Black pepper fruit extract (Bioperine®), Dried plum fruit, Capsaicinoids (from capsicum fruit extract)(Capsimax®)

\* Daily value not established

Other ingredients: Gelatin, rice flour, stearic acid and silica.

\*\*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.



Gluten Free



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