

Thermo Tonic

Botanical Supplement

Bitter Orange (*Citrus aurantium*) contains small amounts of alkaloids such as synephrine and octopamine, which are direct- and indirect-acting adrenergic agents. Adrenergic agents with beta-agonist activity stimulate lipolysis and increase the resting metabolic rate in some persons, thus increasing the removal and oxidation of fat from adipose tissue stores. This action is potentiated by methylxanthines, such as caffeine, present in Guarana (*Paullinia cupana*). Ginkgosides from *Ginkgo biloba* dilate blood vessels and improve peripheral and cerebral circulation. The ginsenosides present in Oriental Ginseng have a tonic effect on metabolism, and in particular can optimize hepatic metabolism, making the utilization of oxygen (for oxidative, energy-generating processes) more efficient.



Supplement Facts

Serving size 2 capsules

Servings per container 90

Amount per capsule	% Daily Value
Proprietary blend 790 mg	
Guarana (seed, extract 25:1)	†
Bitter Orange (immature fruit; extract 100:1)	†
Nutmeg (seed)	†
Ginkgo (leaf, extract 50:1)	†
Asian Ginseng (root, extract 35:1)	†

† Daily Value not established.

Other ingredients: Gelatin, cellulose, silicon dioxide, magnesium stearate, titanium dioxide.

DIRECTIONS: Take one (1) or two (2) capsules one (1) to three (3) times per day with an 8 oz (240 mL) glass of water, 30 minutes before meals. Commence with a low dose and build up to the most comfortable dosage level.

Do not exceed a dosage of 6 capsules per day. Wait at least 4 hours between doses. Do not take more than 2 capsules at one time. Not for sale to, or use by, persons under the age of 18. Keep out of the reach of children! Store at room temperature (59 F – 86 F) in a dry place and keep tightly closed.

CAUTIONS AND WARNINGS: Seek advice from a health care practitioner prior to use if you are pregnant or nursing, or if you have high blood pressure, heart or thyroid disease, diabetes, difficulty in urination due to prostate enlargement, or if taking an MAO inhibitor or any other prescription drug. Do not take this product if you are taking appetite suppressants or products containing ephedrine or pseudoephedrine. Reduce or discontinue use if nervousness, tremor, sleeplessness, severe loss of appetite or nausea occur.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

Contra-indications:

- Known hypersensitivity or allergy to pressor amines.
- Patients receiving or having received mono-amine oxidase inhibitors (MAOIs) in the preceding three weeks.
- Patients with severe hypertension or severe coronary disease.
- Glaucoma (latent or clinically recognized angle closure glaucoma).
- Adenoma of the prostate with urinary retention.
- Cardiac insufficiency (congestive heart failure).
- Severe cardiac arrhythmia.
- Thyrotoxicosis.
- Pheochromocytoma.
- Pregnancy or lactation (as with most herbs and botanicals which have been used for many years, no reproductive toxicology studies have ever been performed).

Precautions:

The following conditions require use of Thermo Tonic with caution, and preferably with permission of, or under supervision of, a physician:

- Moderate hypertension
- Diabetes
- Mild coronary artery disease
- Mild prostatic hypertrophy
- Mild hyperthyroidism
- Mild urinary retention
- Severe renal or hepatic dysfunction
- Use with care and in reduced dosage in elderly patients
- Children and adolescents under 18 years of age

Patients under chronic medication of any type should consult their physician before using Thermo Tonic. This is not solely due to possible unanticipated effects or interactions between the active agents in Thermo Tonic and the medication, but is also a corollary of the fact that users of Thermo Tonic may be losing weight. Loss of body weight in itself, whether or not associated with the use of Dietary Supplements, may reduce dosage requirements for certain drugs, such as insulin, oral anti-diabetic agents, antihypertensive drugs and lithium, and obligates monitoring and dosage adjustment to ensure that the medication does not result in unwanted effects.

Thermo Tonic should not be used with appetite suppressants or products containing ephedrine or pseudoephedrine.

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