



M3 is healthy lifestyle and good nutrition combined with weight control. The M3 System, as a combination of products, the M3 Pledge and the Mediterranean diet sets you on the path to a healthier lifestyle. Making that lifestyle part of your normal, routine behaviours will result in success.

PRODUCT BENEFITS

- Burn fat.
- Control weight.
- Assist normal energy.
- Sinetrol® is a scientifically-tested, patented blend containing extracts of oranges, grapefruits and guarana.
- Guarana seed contributes to normal fat metabolism and weight control.
- Vitamin C contributes to normal energy-yielding metabolism.
- Chromium contributes to the maintenance of normal blood glucose levels.
- A dairy-free formula suitable for vegans & vegetarians.

DIRECTIONS/USAGE

For adults over 18 years of age, take 2 capsules twice daily with meals.

CAUTION: Consult your health care provider prior to use if you are pregnant or nursing, have a medical condition, or when taking any medication. Discontinue use two weeks prior to surgery. Food supplements should not be used as a substitute for a balanced, varied diet and a healthy lifestyle. Do not exceed recommended daily dose.

CONTAINS CAFFEINE. Not recommended for children, pregnant women, or individuals sensitive to caffeine (152 mg per daily serving).

M3 requires lifestyle changes, which include reduced calorie intake, balanced diet and regular physical activity. Consult your physician prior to starting any new diet or exercise programme.

M3 - IGNITE

KEY INGREDIENTS

- Sinetrol® Xpur citrus fruit extract and guarana seed extract
- Green tea leaf extract
- Coffee bean extract
- Chromium enriched yeast

PRODUCT DESCRIPTION

Food Supplement with Sinetrol® Xpur. Ignite is a vegan, dairy-free formula crafted with a blend of Sinetrol® citrus extracts and guarana, plus l-carnitine and plant-derived caffeine.

INGREDIENT LIST

IGNITE: L-carnitine l-tartrate, citrus fruit extracts (grapefruit, orange), green tea leaf extract, hydroxypropyl methylcellulose, maltodextrin, coffee bean extract, antioxidant: L-ascorbyl palmitate, guarana seed extract, thickener: gum acacia, olive extract, chromium enriched yeast, acid: citric acid.

SUPPLEMENT FACTS	Amount per daily serving	% NRV
Vitamin C	36 mg	45%
Chromium	50 µg	124%
Citrus fruit extracts	495 mg	-
L-Carnitine	380 mg	-
Green tea leaf extract	484 mg	-
of which Epigallocatechin gallate	224 mg	-
of which caffeine	2 mg	-
Coffee bean extract	135 mg	-
of which caffeine	130 mg	-
Guarana seed extract	90 mg	-
of which caffeine	20 mg	-
Olive extract	37 mg	-
Total caffeine content	152 mg	-

*% NRV = Nutrient Reference Value