



# Meta-ACT

Fatigue is a feeling of lethargy, sleepiness, lack of energy, or simply feeling tired. There are many ways to help combat fatigue including drinking lots of water, getting enough sleep, limiting caffeine, increasing physical activity/exercise and of course improving our diets. By eating a well-balanced diet, our bodies not only combat fatigue but also sustain a proper metabolism. Our bodies go through a series of chemical reactions to transform food into components that can be used for basic processes. The body metabolizes fats and proteins differently therefore it is important to keep our diets balanced.

This unique women's formula was designed to reduce fatigue, provide antioxidants and to help the body metabolize fats and proteins. The use of Acetyl L-Carnitine, an amino acid, helps the body delay fatigue during physical activity, supports muscle tissue repair and improves physical performance when used in conjunction with a training regimen. Alpha Lipoic Acid is an antioxidant that provides the humans with energy needed for many organs. It has been used to treat chronic fatigue syndrome in many people as well.

**Daily Dosage:** Take 1-2 capsules twice daily with meals. To help reduce fatigue: Take 2 capsules 2x per day.

The product is made using the highest quality ingredients. It has been fully tested and properly supervised throughout all stages of the manufacturing process. Complex OPC is produced at Health Canada GMP licensed facility and its registration number is **NPN 80045205**.

Storage conditions: Store in a cool dry place away from direct sunlight.



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