



◆ CONTROL ◆

### Core Nutrition Plus Appetite Control\*

**Before Breakfast Color Packet**  
 Metabolic Enhancer\* - 2 caplets  
 Thermo T - 1 caplet

**Before Lunch Color Packet**  
 Metabolic Enhancer\* - 2 caplets  
 Thermo T - 1 caplet

**Take-With-a-Meal White Packet**  
 CorePlex® - 3 caplets  
 CitriSate - 1 caplet

**Take-With-a-Meal White Packet**  
 OmegaPlex® - 1 softgel



◀ Before Breakfast

◀ Before Lunch

◀ With a Meal

◀ With a Meal



14-Day Supply

Listed below are the primary function(s) of each component that makes up MNS<sup>®</sup> C<sup>®</sup>:



**Metabolic Enhancer<sup>®</sup>:** This key component is a blend of herbal extracts, vitamins and minerals that helps boost the body's energy systems while assisting in appetite control.\* The botanical extracts in Metabolic Enhancer support the body's ability to burn calories more effectively, as well as reduce appetite.\*



**Thermogenesis/Energy<sup>®</sup> (Thermo T):** A unique combination of tea extracts and other nutrients that contribute to cellular energy by helping to support the body's ability to utilize calories and oxidizing fat.\*



**CorePlex<sup>®</sup>:** CorePlex is a synergistic blend of 36 vitamins, minerals, antioxidants (vitamins A, C and E) and nutrients that can help the body promote and sustain health and well being.\*



**CitriSate<sup>®</sup>:** The ingredients in CitriSate work together to play a key role to help control appetite and enhance mood.\*



**OmegaPlex<sup>®</sup>:** OmegaPlex contains 500mg of long-chain omega-3 fatty acids (300mg EPA and 200mg DHA) per softgel that can help support cardiovascular health, joint health and the maintenance of skin when consumed in combination with a healthy diet and exercise.\*

\*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.