SUGGESTED USE

Consume one or two capsules early in your day or as recommended by a health care professional. As with any weight-loss product, this product is most effective as part of a healthy diet and active lifestyle, along with one of Andrew Lessman’s multi-vitamin-mineral formulas. For answers to questions about the use of this product, call 800.808.7311.

CAUTION

This product contains herbs that deliver a small amount of naturally occurring, caffeine-related alkaloids (the equivalent of less than a half-cup of coffee per capsule). Not recommended for those individuals with high blood pressure, unless you are accustomed to caffeine or it is approved by your physician. Do not use this product if you are pregnant or lactating.

Andrew Lessman’s A.M. ACTIVATOR is designed as a safe and healthy means of maintaining energy levels while stimulating and supporting fat-burning metabolism without the potentially dangerous Ephedrine-containing herb, Ma Huang. A.M. ACTIVATOR contains thermogenic herbs and natural cellular activators to jump-start your metabolism and facilitate your fat loss goals. It contains standardized extracts with a history of traditional use in many cultures for promoting energy and a sense of well-being. To further support your weight-loss goals by fighting fatigue and providing calming benefits, we include standardized extracts of Panax (Asian) Ginseng, Eleutherococcus (Eleuthero), Ashwagandha and Rhodiola – adaptogenic herbs with a history of traditional use going back thousands of years. In addition, A.M. Activator supplies Chromium to support healthy carbohydrate metabolism and the B-Complex vitamins to maintain energy production and fat metabolism. Finally, we add Carnitine, along with its precursors, Vitamin C and Lysine, to support the efficient transport and burning of body fat. The investment and sacrifice we make when dieting and exercising deserve the best results and the unique combination of ingredients in A.M. Activator is designed to safely and gently jump-start fat and energy metabolism.

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.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS OF ANY KIND.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 180

Amount Per Serving %DV*

Vitamin C (as calcium ascorbate) 60 mg 100%  
Vitamin B1 (as thiamin hydrochloride) 5 mg 333%  
Vitamin B2 (as riboflavin) 5 mg 294%  
Niacin (as niacinamide/chromium nicotinate) 5 mg 25%  
Vitamin B6 (as pyridoxine hydrochloride) 5 mg 250%  
Folate Complex 25 mcg 6%  
Vitamin B12 100 mcg 1,667%  (as methylcobalamin - protected Coenzyme B12)  
Magnesium (as magnesium oxide) 20 mg 5%  
Pantothenic Acid (as calcium pantothenate) 20 mg 200%  
Chromium (as chromium nicotinate) 50 mcg 42%  
L-Lysine Hydrochloride 100 mg 4%  
Chlorine (as sodium chloride) 100 mg 0.6%  
Guarana, extract (seed) 22% caffeine alkaloids 150 mg 2%  
Green Tea, extract (leaf) 25% polyphenols and 20% caffeine 50 mg 0.1%  
Eleuthero, extract (root) 0.8% eleutherosides 20 mg 0.2%  
Panax Ginseng, extract (leaf) 20% ginsenosides 20 mg  0.1%  
Ashwagandha, extract (root) 7% withanolides and 1% alkaloids 20 mg 0.2%  
Rhodiola rosea, extract (root) 3% rosavins 20 mg 0.2%  
*Percent Daily Value (%DV) are based on a 2,000 calorie diet. † DV not established.
Andrew Lessman’s P.M. RELAXATION is designed to help you sustain the benefits from a day of successful activity and weight-loss efforts by delivering the fat-burning factors to support fat metabolism throughout the night while also supporting a great night’s sleep. A great night’s sleep is vital to your starting the following day inspired and energetic about your weight-loss efforts and goals, so we include standardized extracts from nature’s soothing and relaxing botanicals, including Valerian Root, Passionflower, Chamomile and Hops. These natural botanical extracts will help you wind down so you can experience a great night’s sleep and a great start tomorrow.

Rhodiola acts as an adaptogen to provide calming benefits and promote feelings of well-being. We also include Melatonin, which supports your body’s natural sleep mechanisms by helping your body relax and prepare for sleep, which is often difficult when dieting and exercising. In addition, we include 5-HTP, for its support of serotonin production, which is associated with sound sleep, positive mood and appetite control. P.M. Relaxation also supplies a comprehensive blend of non-stimulant nutrients related to or essential for fat-burning metabolism, including Carnitine and its precursors, Lysine and Vitamin C. Just because you are going to sleep does not mean that the fat-burning benefits from a hard day’s work end. P.M. Relaxation offers a unique blend of ingredients to assure that today’s efforts will be well rewarded and tomorrow’s well prepared for.

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.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS OF ANY KIND.**

**SUGGESTED USE** Consume one or two capsules in the evening shortly before going to bed or as recommended by a health care professional. As with any weight-loss product, this product is most effective as part of a healthy diet and active lifestyle, along with one of ANDREW LESSMAN’S multi-vitamin-mineral formulas. For answers to questions about the use of this product, call 800.808.7311.

**CAUTION** Because this product will have a mild relaxing effect, it is best to consume before going to sleep and never consume before driving or operating machinery. Do not use this product if you are pregnant or lactating.

**DIETARY SUPPLEMENT**

**EVENING METABOLIC SUPPORT**

**RELAXING & LIPTROPIC FACTORS**

**Serve One 1 Capsule**

**Serving Size 1 Capsule**

**Amount Per Serving %DV**

Vitamin C (as calcium ascorbate) 60 mg 100%

Pantothenic Acid (as calcium pantothenate) 20 mg 200%

Calcium (as calcium carbonate/ascorbate) 40 mg 4%

Magnesium (as magnesium oxide) 20 mg 5%

Chromium (as chromium nicotinate) 50 mcg 42%

Vanadium (as vanadyl sulfate) 50 mcg †

Boron (as boron aspartate) 50 mcg †

L-Lysine Hydrochloride 100 mg †

L-Carnitine Fumarate 100 mg †

Valerian, extract (root) standardized to 0.8% valerenic acids 20 mg †

Chamomile, extract (flower) standardized to 1% apigenin 20 mg †

Passionflower, extract (flower) standardized to 3.5% vitexin 20 mg †

Hops, extract (flower) standardized to 5% alpha bitter acids 20 mg †

Rhodiola rosea, extract (root) standardized to 3% rosavins 20 mg †

Melatonin 250 mcg †

**Amount Per Serving**

**Vitamin C (as calcium ascorbate)** 60 mg 100%

**Pantothenic Acid (as calcium pantothenate)** 20 mg 200%

**Calcium (as calcium carbonate/ascorbate)** 40 mg 4%

**Magnesium (as magnesium oxide)** 20 mg 5%

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**Boron (as boron aspartate)** 50 mcg †

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**L-Carnitine Fumarate** 100 mg †

**Valerian, extract (root) standardized to 0.8% valerenic acids** 20 mg †

**Chamomile, extract (flower) standardized to 1% apigenin** 20 mg †

**Passionflower, extract (flower) standardized to 3.5% vitexin** 20 mg †

**Hops, extract (flower) standardized to 5% alpha bitter acids** 20 mg †

**Rhodiola rosea, extract (root) standardized to 3% rosavins** 20 mg †

**Melatonin** 250 mcg †

**Other Ingredients:** Gelatin capsule.

**DIETARY SUPPLEMENT**

**EVENING METABOLIC SUPPORT**

**RELAXING & LIPTROPIC FACTORS**

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**Melatonin** 250 mcg †

**Other Ingredients:** Gelatin capsule.