

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.

**THIS PRODUCT IS
ONLY AVAILABLE FROM**



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A.M. ACTIVATOR™

MORNING METABOLIC SUPPORT
CELLULAR ACTIVATORS · LIPOTROPIC FACTORS



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180 Easy-to-Swallow Capsules

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

Amount Per Serving	Serving Size 1 Capsule	%DV*
	Servings Per Container 180	
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 (as methylcobalamin - protected Coenzyme B12)	100 mcg	1,667%
Magnesium (as magnesium oxide)	20 mg	5%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Chromium (as chromium nicotinate)	50 mcg	42%
Boron (as boron glycinate)	50 mcg	†
L-Lysine Hydrochloride	100 mg	†
L-Carnitine Tartrate	100 mg	†
Guarana, extract (seed) 22% caffeine alkaloids	150 mg	†
Green Tea, extract (leaf) 25% polyphenols and 20% caffeine	50 mg	†
Eleuthero, extract (root) 0.8% eleutherosides	20 mg	†
Panax Ginseng, extract (leaf) 20% ginsenosides	20 mg	†
Ashwagandha, extract (root) 7% withanolides and 1% alkaloids	20 mg	†
Rhodiola rosea, extract (root) 3% rosavins	20 mg	†

*Percent Daily Value (%DV) are based on a 2,000 calorie diet. † DV not established.

Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.

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.

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.

Andrew Lessman
Andrew Lessman
Founder of ProCAPS LABS

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P.M. RELAXATION™

EVENING METABOLIC SUPPORT
RELAXING & LIPOTROPIC FACTORS



DIETARY SUPPLEMENT

PROCAPS LABORATORIES



180 Easy-to-Swallow Capsules

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 are 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.

Supplement Facts

Serving Size 1 Capsule	Servings Per Container 180	
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	40 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	†
5-HTP (from Griffonia simplicifolia (seed) extract)	7 mg	†
Melatonin	250 mcg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Gelatin capsule.