Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

For presentation to the UK market

**FRONT LABEL**

Meta Support 

**Food Supplement** with Glucomannan, Vitamin B6, Zinc, Chromium, Iodine, Caffeine & Botanicals.

Glucomannan in the context of an energy restricted diet contributes to weight loss.

Zinc contributes to normal metabolism of fatty acids & macronutrients.   
Chromium contributes to the maintenance of normal blood glucose levels and normal macronutrient metabolism.   
Vitamin B6 contributes to normal energy-yielding metabolism & the reduction of tiredness and fatigue.

Claims (Can appear anywhere on pack). You should include at least one approved health claim on pack as this helps to justify more generic claims such as ‘healthy’.

You can search for other Nutrition & Health Claims approved for use in the UK here https://www.gov.uk/government/publications/great-britain-nutrition-and-health-claims-nhc-register?utm\_medium=email&utm\_campaign=govuk-notifications&utm\_source=f8d61ec9-adf6-459d-bdfe-7aa9674beaec&utm\_content=weekly

SUITABLE FOR VEGETARIANS & VEGANS

New GMP Logo

90 Capsules

**BACK LABEL**

**Meta Support** *(Repeat Product Name needed re field of vision for caffeine warning)*

**Directions:**

Adults, take 2 capsules, 3 times daily with 1-2 glasses of water (important to make sure it reaches the stomach) before meals. Do not exceed recommended daily dose.

Glucomannan in the context of an energy restricted diet contributes to weight loss. The beneficial effect is obtained when taken as directed above in the context of an energy-restricted diet.

**Product Information:**   
*6 capsules (daily intake) typically provides:*

|  |  |  |
| --- | --- | --- |
|  |  | % NRV\* |
| Vitamin B6 | 30mg | 2143 |
| Zinc | 12mg | 120 |
| Chromium | 150µg | 375 |
| Iodine *from Kelp Extract* | 90µg *9mg* | 60 |
|  |  |  |
| Glucomannan | 3000mg |  |
| Bitter Orange Peel | 300mg |  |
| Raspberry Extract  *providing ketones* | 180mg  *7mg* |  |
| Caffeine (*from anhydrous & guarana*) | 157mg |  |
| Green Tea  *from extract* | 3000mg (whole leaf equivalent)  *150mg* |  |
| L-Tyrosine | 120mg |  |
| African Mango  *from extract* | 600mg (whole fruit equivalent) *60mg* |  |
| Choline | 24mg |  |
| Capsicum  *from extract* | 240mg (whole plant equivalent) *30mg* |  |
| Guarana  *from extract* | 120mg (whole plant equivalent) *30mg* |  |
| Siberian Ginseng  *from extract* | 900mg (whole plant equivalent) *30mg* |  |
| Black Pepper Extract | 9mg |  |

\*NRV = EU Nutrient Reference Value

**Ingredients:**

Glucomannan Powder, Capsule Shell: HydroxyPropyl Methylcellulose, Bitter Orange Peel Powder, Raspberry Extract, Caffeine Anhydrous, Green Tea Leaf Extract, L-Tyrosine, Anti-Caking Agent: Magnesium Stearate, African Mango Extract, Choline Bitartrate, Vitamin B6 as Pyridoxine Hydrochloride, Zinc Citrate, Capsicum (Cayenne Red Pepper) Extract, Guarana Extract Prep: (Guarana, Colour: Caramel, Caffeine, Maltodextrin), Siberian Ginseng Root Extract, Black Pepper Extract, Iodine (Kelp Extract), Maltodextrin, Chromium Picolinate.

**Allergy Advice**: Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Should not be taken by people with swallowing difficulties due to risk of choking. Take with plenty of water to make sure the product reaches the stomach. Long-term intake of 30mg vitamin B6 may lead to mild tingling and numbness. Contains caffeine. Not recommended for children, breastfeeding or pregnant women (157mg per daily intake).

You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle.

**Storage:**

Store in a cool, dry place out of reach of children.

**Best Before:**

For best before end and batch number see base.

Manufactured to the GMP code of practice for:

Name or business name and address of the food business operator.

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-429$front

Back Label: PL-429$back

**Label Size**

970px x 1655px at 600DPI (that's 84mm x 140mm)

Version Control:

|  |  |  |  |
| --- | --- | --- | --- |
| **Version** | **Date** | **Change** | **Author:** |
| V1 | Pre Aug 18 |  | JN |
| V2 | 04.12.18 | Review | KA |
| V3 | 14.04.20 | Allergen Statement | JN |
| V4 | 01/11/2024 | Name/Business exporting to EU | AA |