

SUGGESTED USE Consume one or two capsules early in your day or as recommended by your physician. **For questions about the use of this product call 800.332.7799.**

CAUTION This product contains a small amount of natural caffeine-related compounds and is not intended for children or those sensitive to caffeine. Pregnant or nursing women and those with a medical condition should consult a healthcare professional before use.

FOR OVER 40 YEARS

**Unsurpassed Purity, Quality
and Efficacy**

100% SOLAR PRODUCTION
ZERO CARBON FOOTPRINT

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Andrew Lessman, Founder

QUESTIONS? | REORDERS?

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Manufactured by ProCaps Labs
Henderson, NV 89011

607863-09M



ANDREW LESSMAN

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A.M. ACTIVATOR™

Morning Metabolic Support
Cellular Activators | Lipotropic Factors



Dietary Supplement | **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)**, and **Ashwagandha** – 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. Most importantly, we add **Acetyl L-Carnitine** given its central role in all fat-burning metabolism. No fat can be burned without Carnitine transporting it to the location within each cell where it is burned. We also add Carnitine's natural precursors, **Lysine** and **Vitamin C** to promote optimum endogenous production of Carnitine. 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

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 180

Amount Per Serving		%DV*
Vitamin C (as calcium ascorbate)	60 mg	67%
Vitamin B1 (as thiamin hydrochloride)	5 mg	417%
Vitamin B2 (as riboflavin)	5 mg	385%
Niacin (as niacinamide/chromium nicotinate)	5 mg	31%
Pantothenic Acid (as calcium pantothenate)	20 mg	400%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	294%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	100 mcg	4,167%
Folate Complex (as L-methylfolate/folic acid)	33 mcg DFE (12.5 mcg folic acid)	8%
Magnesium (as magnesium oxide)	20 mg	5%
Chromium (as chromium nicotinate)	50 mcg	143%
Boron (as boron glycinate)	50 mcg	†
L-Lysine Hydrochloride	50 mg	†
L-Carnitine (as acetyl-L-carnitine hydrochloride)	100 mg	†
Guarana, extract (seed) standardized to 22% caffeine alkaloids	150 mg	†
Green Tea, extract (leaf) standardized to 25% polyphenols and 20% caffeine	50 mg	†
Eleuthero, extract (root) standardized to 0.8% eleutherosides	20 mg	†
Asian Ginseng (Panax ginseng), extract (leaf) standardized to 20% ginsenosides	20 mg	†
Ashwagandha, extract (root) standardized to 5% withanolides	20 mg	†

*Percent Daily Value (%DV) are based on a 2,000 calorie diet.
† Daily Value 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 your physician. **For questions about the use of this product call 800.332.7799.**

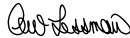
CAUTION Because this product will have a mild relaxing effect, it is best to consume before going to sleep and never consume before driving or operating machinery. Do not use this product if you are pregnant or lactating.

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P.M. RELAXATION™

Evening Metabolic Support
Relaxing & Lipotropic Factors



Dietary Supplement | **180** Easy-to-Swallow Capsules

Andrew Lessman's P.M. RELAXATION is designed to help achieve the greatest benefits from a day of healthy eating and activity by delivering the nutrients and botanicals to support fat metabolism while also promoting a great night's sleep. It is designed to help you naturally relax and prepare for sleep, which often becomes more difficult when dieting and exercising. Healthy sleep is essential to any weight-loss plan, since it is required to recover from yesterday's efforts and to ensure sufficient energy to inspire tomorrow's goals. We include standardized extracts from nature's soothing and relaxing botanicals, including **Valerian Root, Passionflower, Chamomile and Hops**. We also include the essential sleep hormone **Melatonin**, but at levels that support, but do not replace, your body's natural production. We also 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. Most importantly, we add **Acetyl L-Carnitine** given its central role in all fat-burning metabolism. No fat can be burned without Carnitine transporting it to the location within each cell where it is burned. We also add Carnitine's natural precursors, **Lysine** and **Vitamin C** to promote optimum endogenous production of Carnitine. Just because you're asleep does not mean your body stops benefitting from all your fat burning efforts, which is the reason behind **P.M. Relaxation's** unique blend of ingredients to ensure that today's efforts are well rewarded and that tomorrow's are equally well supported.

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CONTAINS NO ADDITIVES OR COMMON ALLERGENS

Supplement Facts

Serving Size 1 Capsule Servings Per Container 180

Amount Per Serving		%DV*
Vitamin C (as calcium ascorbate)	60 mg	67%
Pantothenic Acid (as calcium pantothenate)	20 mg	400%
Calcium (as calcium carbonate/ ascorbate/pantothenate)	40 mg	3%
Magnesium (as magnesium oxide)	20 mg	5%
Chromium (as chromium nicotinate)	50 mcg	143%
L-Carnitine (as acetyl-L-carnitine HCl)	100 mg	†
L-Lysine Hydrochloride	50 mg	†
Valerian, extract (root) standardized to 0.8% valerenic acids	40 mg	†
Chamomile, extract (flower) standardized to 1% apigenin glycosides	20 mg	†
Hops, extract (flower) standardized to 5% alpha bitter acids	20 mg	†
Passionflower, extract (flower) standardized to 3.5% vitexin	20 mg	†
5-HTP (from Griffonia simplicifolia (seed) extract)	10 mg	†
Melatonin	500 mcg	†
Boron (as boron glycinate)	50 mcg	†

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

Other Ingredients: Gelatin capsule.