



# ULTRA THERM™

## Rev Up Your Metabolism

Featuring a powerful combination of green coffee bean extract, green tea and a sustained-release energy blend, this thermogenic formula increases calorie burn while helping your body break down fat. Boost your metabolism and start achieving your weight management goals with Ultra Therm today.\*

## BENEFITS

- Increases calorie burn throughout the day\*
- Helps break down body fat\*
- Promotes weight loss\*

## KEY INGREDIENTS

- Green coffee bean extract—chlorogenic acid (CGA), thought to be the active ingredient in safe, caffeine-free green coffee bean extract (*Coffea canephora*), may help block sugar absorption, promoting satiety and healthy blood sugar levels already in the normal range. In initial studies, taking green coffee bean extract has resulted in weight loss, much of it fat, in overweight individuals.\*
- Green tea leaf extract—drinking polyphenol-rich green tea (*Camellia sinensis*) has been linked to good health for centuries. Beyond already documented benefits for cardiovascular health, brain health and healthy aging, the extract's active components—including polyphenols such as epigallocatechin gallate (EGCG)—now show promise for weight loss. Researchers believe green tea may have a thermogenic (calorie- and fat-burning) effect, and also may inhibit fat absorption.\*

- Sustained-release energy blend—this blend of ingredients, including a patent-pending form of caffeine, provides safe, lasting energy support that may increase energy expenditure throughout the day, increasing calorie burn rate and supporting moderate weight loss over time.\* Ultra Therm contains 150 mg of caffeine per serving (slightly more than a cup of coffee).

## RECOMMENDED USE

For the first three days, take 1 capsule at breakfast and 1 capsule at lunch, then increase to 2 capsules at breakfast and 2 capsules at lunch. Each bottle contains a 30-day supply.

## COMPLEMENTARY PRODUCTS

Our weight management products work synergistically to help you achieve your ideal weight.

## FREQUENTLY ASKED QUESTIONS (FAQs)

### CAN ULTRA THERM BE TAKEN WITH ULTRA THERM CF?

Yes, Ultra Therm and Ultra Therm CF are different formulas with a different method of action in regard to weight management.

### CAN ULTRA THERM BE TAKEN WITH OTHER NATURE'S SUNSHINE WEIGHT MANAGEMENT PRODUCTS?

Yes, Nature's Sunshine offers an array of products that can be customized to help you achieve your ideal weight. We take a holistic approach to help recharge and balance your internal weight-management system.

### WHAT IS THE CHLOROGENIC ACID CONTENT OF THE GREEN COFFEE BEAN EXTRACT IN ULTRA THERM?

The green coffee bean extract found in Ultra Therm contains 50–55% polyphenols and 45–50% chlorogenic acid (CGA).

### DOES ULTRA THERM CONTAIN CAFFEINE?

Yes, Ultra Therm contains a sustained release energy blend, which includes 150 mg of caffeine per serving (slightly more than a cup of coffee). The patent-pending technology behind the blend releases less than half of the caffeine initially, then sustains this level for a few hours. This eliminates the immediate “spike and crash” typically associated with caffeine.

### CAN THE AMOUNT OF CAFFEINE IN ULTRA THERM BE HARMFUL?

As with any caffeine consumption, you should avoid drinking alcohol at the same time. In addition, individuals with heart or liver disease should consider taking a lower daily serving or ingesting no caffeine at all.

For most people, consuming 300 mg of caffeine—well below the 500 mg limit advised by the *Journal of the American Medical Association*—by taking Ultra Therm twice a day is not problematic. We recommend taking Ultra Therm with your breakfast and lunch to be certain to avoid any problems associated with sleep. As with any dietary supplement, it's a good idea to consult a health care practitioner before starting a supplement routine.

*\* 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.*

### Supplement Facts

Serving Size 2 Capsules

Servings Per Container 60

#### Amount Per 2 Capsules

Proprietary Blend 910 mg\*

Green Tea Leaf Extract (*Camellia sinensis*), Sustained Release Energy Blend [Caffeine, Guarana Seed Extract (*Paullinia cupana*), Yerba Mate Leaf Extract (*Ilex paraguariensis*)], Green Coffee Bean Extract (*Coffea canephora*).

\*Daily Value not established

Other Ingredients: Capsule (gelatin, water), cellulose (plant fiber), magnesium stearate (vegetable).

