



MELTDOWN HER

Package Insert

- Scheduling status:** SO
- Proprietary name and dosage form:**
PSNLifestyle MELTDOWN HER 60 capsules
- Composition:**
Each serving (2 capsules) contains:

MELTDOWN MATRIX HER	1300mg
Raspberry ketones, Garcinia cambogia 60% HCA, Guarana seed extract, Green coffee bean extract, Caffeine anhydrous, Green tea extract 95%, Cayenne powder, Dandelion root powder	
L-Tyrosine	95mg
Piperine 95%	5mg

OTHER INGREDIENTS: gelatin and purified water
- Pharmacological classification:**
Dietary supplement
- Pharmacological action:**
Weight loss support
- Indication:**
This product is indicated for slow metabolism and obesity when used in conjunction with a low-calorie diet and physical exercise.
- Caution:**
 - This product contains Caffeine. Do not use under extreme conditions of heat, sleep deprivation, extreme cardiovascular exertion or dehydration.
 - Do not use if you are under the age of 18 years old, pregnant or nursing.
 - Consult with your doctor before using this product if you are taking any prescription or non-prescription drugs or have had or have any medical conditions such as high or low blood pressure, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disorder, diabetes, prostate disorder, erectile dysfunction, obesity, gastric inflammation/ulcer or any other disease.
 - Discontinue use two weeks prior to surgery to decrease the risk of bleeding.
 - Do not use if you are allergic to any of the ingredients.
 - Do not exceed recommended dosage.
 - This product is not intended to diagnose, treat, cure or prevent any disease.
 - Keep out of reach of children.
- Interactions:**
Using this product with the type of medications below, may oppose or potentiate their action.
 - Anti-coagulants/blood thinners like warfarin, heparin, aspirin (potentiate)
 - Anti-hypertensives (oppose)
 - Cardiovascular medication (oppose)
 - Diuretics (potentiate)
 - Anti-depressant medication which increases serotonin (potentiate)
 - Anti-anxiety medication (oppose)
 - Anti-epileptics (oppose)
 - Beta-adrenergic agonists (potentiate)
 - Stimulant drugs (potentiate)
 - Sleep medication (oppose)
 - Anti-diabetic medication (oppose/potentiate)
 - Thyroid hormones (potentiate)

- Parkinson medication Levodopa (interfere with absorption)
9. **Pregnancy and lactation:**
Do not use during pregnancy or breast feeding.
 10. **Dosage and directions for use:**
Take two (2) capsules twice a day, 30 minutes before breakfast and again 30 minutes before lunch. PSNLifestyle Meltdown Her will be most effective when used 4-6 weeks in conjunction with regular exercise and a healthy eating plan. Do not take within 5 hours of bedtime. It is important to drink 2L to 3L of water per day to prevent dehydration.
 11. **Side effects:**
Excessive nervousness, insomnia, gastrointestinal distress and other health risks in patients who are sensitive to caffeine.
 12. **Identification:**
This product is capsulated with PSN branded capsules.
 13. **Presentation:**
This product is packed into a sealed black plastic container with black cap.
 14. **Storage instructions:**
Store in a cool dry place below 25°C and keep out of reach of children.
 15. **Registration number:**
This product has not been evaluated by the Medicines Control Council.