



ULTRA THERM™ CF

Increase Calorie Burn

Combining rhodiola, green coffee bean, green tea and hesperidin with a novel herbal blend, this caffeine-free, thermogenic formula increases calorie burn while helping your body break down fat. Boost your metabolism and start achieving your weight management goal with Ultra Therm CF today.*

BENEFITS

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

KEY INGREDIENTS

- Novel herbal blend—this patent-pending combination of two herbs—*Sphaeranthus indicus* and *Garcinia mangostana*—may help promote weight loss, especially as fat, when combined with a weight-reduction diet, according to initial research. The extracts are thought to promote fat breakdown and weight loss. Specifically, they may affect levels of adiponectin in the body. Secreted mostly by white adipose tissue, adiponectin levels tend to be lower in individuals who are overweight.*
- Rhodiola root extract—native to high-altitude regions of Europe and Asia, *Rhodiola rosea* has well documented “adaptogen” properties. Adaptogenic herbs like rhodiola help safely counteract adverse physical, chemical or biological stressors. Study results indicate that rhodiola may improve physical performance and mental capacity, and it promotes a sense of well being. Our extract is

standardized to 3% of the active ingredient rosavin, the amount used in clinical trials.*

- Green coffee bean extract (decaffeinated)—chlorogenic acid, 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 (decaffeinated)—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 may inhibit fat absorption.*
- Hesperidin bioflavonoid extract—found in citrus fruit, this phenol promotes blood flow and a healthy inflammatory response by helping support healthy blood vessels.*

RECOMMENDED USE

Consume 4 capsules each day, taking 2 in the morning and 2 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 CF BE TAKEN WITH ULTRA THERM?

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

CAN ULTRA THERM CF 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.

** 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	970 mg*
Patent-Pending Herbal Blend (<i>Sphaeranthus indicus</i> Flower, <i>Garcinia mangostana</i> Fruit), Hesperidin Bioflavonoid Extract, Green Tea Leaf Extract (<i>Camellia sinensis</i>), <i>Rhodiola</i> Root Extract (<i>Rhodiola rosea</i>), Green Coffee Bean Extract (<i>Coffea canephora</i>).	

*Daily Value not established

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

