



You're doing everything right, eating a balanced diet and exercising. Get even more from your health — and **weight-management** program with ABC & tea.* This citrus-flavored effervescent drink is loaded with **green tea** and vitamins to help convert food to energy. Refreshing and invigorating, ABC & tea will help you **reach your goals**.*

Healthy and refreshing weight-management support.*

- Specifically formulated to support your metabolism*
- Loaded with energizing B vitamins
- Dual antioxidant protection with vitamin C and green tea*

ABC & tea is great for both men and women.

Green tea has been used as a healthful drink for almost 4,000 years. In fact, green tea is second only to water as the most consumed beverage in the world. What makes green tea extract such an important nutrient is the large volume of published scientific findings that validate its multiple health benefits.*

While more research needs to be done, it appears that green tea extract promotes cellular and heart health.* It also has the potential to aid in weight management*, when combined with a reduced-calorie diet and a regular exercise program.

With ABC & tea, you also get the added benefits of vitamins A, B and a full 1,000 mg of vitamin C.

For more information:



Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 20

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrates	1 g	<1%*
Vitamin A (as retinyl palmitate)	250 IU	5%
Vitamin C (as ascorbic acid)	1000 mg	1670%
Thiamin (as thiamine mononitrate)	15 mg	1000%
Riboflavin (as riboflavin 5-phosphate)	16 mg	940%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine hydrochloride)	8 mg	400%
Vitamin B12 (as cyanocobalamin)	10 mcg	170%
Biotin	150 mcg	50%
Pantothenic acid (as D-calcium pantothenate)	25 mg	250%
Calcium (as calcium carbonate)	70 mg	7%
Sodium	200 mg	8%
Potassium	120 mg	3%
Green tea (40% Polyphenols) extract	70 mg	†

*Percent Daily Values are based on a 2000-calorie diet.
† Daily Value not established.

Other ingredients: Citric acid, sorbitol, sodium bicarbonate, potassium bicarbonate, sodium benzoate, natural and artificial flavors, sodium carbonate, mineral oil, sucralose. Contains fish gelatin derived from one or more of the following fish: cod, pollack, haddock, hake, cusk, redfish, sole and flounder.

Directions: Dissolve one ABC & tea effervescent tablet in 4-6 ounces of water or juice. Wait until completely dissolved before drinking. Do not drink or chew undissolved tablets.