Q boost provides essential nutrients that help the body balance and regulate the metabolic system. Its convenient oral spray delivery method makes it simple to boost anywhere.*

What’s in Q boost?

The two main active ingredients in Q boost are Garcinia Cambogia and coenzyme Q10. Q boost increases metabolism, suppresses the appetite, and helps the body recover quickly from exercise. It also includes, vitamin B5, vitamin B6, and L-carnitine,—all vital nutrients known to help support a healthy metabolism.*

• **Garcinia Cambogia Extract:** Garcinia Cambogia is a yellow fruit also known as the tamarind. The extract, derived from the rind, contains Hydroxycitric Acid (HCA) – an acid that blocks fats and sugar, while simultaneously suppressing the appetite.*

• **Coenzyme Q10:** CoQ10 is a naturally occurring nutrient in the body and acts as an antioxidant, which protects cells from damage and plays an important part in metabolism. Preliminary studies have found CoQ10 useful in speeding recovery from exercise.*

• **Vitamin B5:** This water-soluble vitamin is used to break down proteins, fats, and carbohydrates from the food we eat so that our bodies can use them for energy and rebuilding tissue, muscles, and organs. Studies have shown that vitamin B5 is helpful in weight management.*

• **Vitamin B6:** Vitamin B6 helps with the regulation and production of thyroid hormones and therefore vitamin B6 also assists the proper functioning of our metabolism. This B vitamin also works in combination with other nutrients to help the body efficiently and properly metabolize food into energy, burning excess fat.

• **L-Carnitine:** This amino acid is thought to be one of the most important nutrients for weight loss. Carnitine is critical for energy formation and an active metabolism. It also transports the fatty acids from our blood into the cell for this energy production.

**Features:**
- Provides additional nutritional support*
- Formulated with the highest quality natural ingredients*
- Delivers maximum absorption and effectiveness*
- Each tube contains approximately 30 servings*

**Key Benefits:**
- Increases metabolism*
- Suppresses appetite*
- Helps the body recover quickly from exercise*

Suggested Use: For best results, take 15 minutes before meals. Shake gently and spray 6 to 8 times directly into mouth.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin E</td>
<td>7 IU</td>
</tr>
<tr>
<td>Vitamin B6 (pyridoxine HCl)</td>
<td>4 mg</td>
</tr>
<tr>
<td>Vitamin B5 (dexpanthenol)</td>
<td>10 mg</td>
</tr>
<tr>
<td>Chromium (polynicotinate)</td>
<td>6 mcg</td>
</tr>
<tr>
<td>L-Carnitine</td>
<td>12 mg</td>
</tr>
<tr>
<td>Garcinia cambogia extract</td>
<td>7 mg</td>
</tr>
<tr>
<td>Coenzyme Q10</td>
<td>0.4 mg</td>
</tr>
</tbody>
</table>

**Other Ingredients:** Purified water, Xylitol, Glycerin, L-carnitine, Dexpanthenol, Vitamin E-ascorbat, Polysorbate 80, Pyridoxine HCl, Garcinia cambogia extract (hydroxy-citric acid), Natural spearmint flavor, Potassium sorbate, Coenzyme Q10, Chromium polynicotinate

*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. Individual results may vary.

Manufactured for:
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To order products or for additional info, please visit: www.QSciences.com
Or call: 385-374-6400
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