SiseITHIN[™]

Fucoxanthin BHB Advanced Weight Management

This powerful weight maintenance product combines several critical elements to improve your chances of success.

Keto. Any weight management product should always be taken in tandem with a change in exercise and diet. One of the most popular diets today is the ketogenic diet—a low-carb, high-fat diet. When followed correctly, this diet puts your body into a metabolic state called ketosis. When in ketosis, your body becomes very efficient at burning fat, converting it into ketones in the liver, which drive metabolism, suppress appetite, support muscle function, and provide focus and energy.

Fucoxanthin and Fucoidan. Fucoxanthin is a prized carotenoid derived from the same brown seaweed as the sulfated polysaccharide Fucoidan. Research suggests that fucoxanthin and fucoidan may promote natural thermogenesis, a process by which the body increases its metabolic rate, requiring utilization of internal stores of energy, such as white adipose tissue or fat.

BHB. BHB or Beta-hydroxybutyrate is a naturally occurring salt found in the body during ketosis. Getting into ketosis can be difficult to achieve through diet alone. Exogenous (provided externally) BHBs can provide the critical fuel needed during a keto diet and will help you get into ketosis faster and stay there so you can achieve your weight management goals.

Ashwagandha. Chronic stress may lead to elevated cortisol levels that stimulate the appetite, sabotaging a healthy lifestyle and making it difficult to lose unwanted pounds. Ashwagandha is an adaptogen that can help you better manage stress, support a healthy metabolism, improve sleep, and overall well-being.







FEATURES AND BENEFITS

Sometimes weight management is less about what you lose and more about what you gain. SiseITHIN may:

- support energy and stamina from within*
- support focus and mental clarity*
- support healthy metabolism through thermogenesis*
- support appetite suppression*

DIRECTIONS

Take 1 to 2 capsules with 8 oz of water 20 minutes before meals. For best results, take in tandem with a ketogenic diet. Consult your health care provider to see if the keto diet is right for you.

WARNING

If you are under the age of 18, pregnant, nursing or have a pre-existing medical condition, consult with your health care provider before taking this product. Discontinue use and consult your health care provider if any adverse reaction occurs. Do not use if tamper-evident seal is broken. Keep out of the reach of children.

*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.









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60 CAPSULES

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

Amount Per Serving	% DV	
Calcium (from betahydroxy butyrate calcium)	62 mg	5%
Magnesium (from betahydroxy butyrate magnesium	ım) 32 mg	8%
Sodium (from betahydroxy butyrate sodium)	10 mg	<1%
Betahydroxy Butyrate Calcium	388 mg	t
Betahydroxy Butyrate Magnesium	320 mg	†
Betahydroxy Butyrate Sodium	56 mg	†
Fucoxanthin Seaweed (Laminaria japonica)	50 mg	†
Limu Moui (Cladosiphon novae-caledoniae)	25 mg	†
Ashwagandha Root (Withania somnifera)	20 mg	t

[†] Daily Value (DV) not established. Percent Daily Values are based on a 2,000 calorie diet

OTHER INGREDIENTS:

Vegetable Capsules (hypromellose), Rice Flour, Stearic Acid, Silicon oxide.