

PRODUCT INFO

IT WORKS! CARB CONTROL DUAL-ACTION COMPLEX

60 Caplets

Pair your meals with peace of mind with It Works! Carb Control. Featuring results-driven ingredients, It Works! Carb Control helps control the impact of carbs on your body to reduce the accumulation of unwanted fat.^{†*} It works immediately with first use, so you can worry less about hidden sugars and starches in your food and cut yourself some slack. It also does double-duty by helping maintain blood-sugar balance, keeping your blood-glucose levels healthy.^{†*} Enjoy an indulgence and leave your carb concerns behind with It Works! Carb Control.

Features and Benefits:

- Slows and controls your body's sugar and starch digestion—from the first use[†]
- Minimizes the onset of carb-induced body fat and weight gain^{†*}
- Replaces carb-induced spikes and crashes with slower, balanced glucose absorption and level energy[†]
- Features marine-sourced, organically certified InSea2[®], clinically proven to control your body's response to carbs[†]
- Perfect for Keto enthusiasts and anyone keeping an eye on carb intake



Supplement Facts

Serving Size: 1 Caplet

Servings Per Container: 60

	Amount Per Serving	%DV
Calcium	32 mg	2%
Chromium (as Chromium nicotinate glycinate chelate)	100 mcg	286%
Dual-Action Carb Blocking Blend:	130 mg	*
Organic InSea2 [®] brown seaweed extract (20% polyphenols) from <i>Ascophyllum nodosum</i> and <i>Fucus vesiculosus</i> (providing less than 37.5 mcg iodine) and White kidney bean (<i>Phaseolus vulgaris</i>) extract.		
Cinnamon bark (<i>Cinnamomum cassia</i>) 10:1 extract	70 mg	*

*Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dicalcium phosphate dihydrate, croscarmellose sodium, silicon dioxide, magnesium stearate (vegetable), hydroxypropyl methylcellulose, glycerin

SUGGESTED USE

Help your body block sugars and starches[†] by taking one caplet 30 minutes before moderate carb meals or two caplets before heavier carb consumption. Do not exceed two caplets per day. Drink at least 8 glasses of water daily.

CAUTION

Do not use if allergic to iodine. Consult your physician if you are pregnant, nursing, taking medication, or have a medical condition

WARNING

Keep out of reach of children. Protect from heat, light, and moisture. Store at 15-30°C (59-86°F). Do not use if tamper-evident seal is broken or missing.



[†]Use as part of a healthy diet to help maintain healthy blood-sugar levels that are already within the normal range. Product may also assist with weight control when used in conjunction with a sensible diet and exercise program.

InSea2[®] is a registered trademark of InnoVactiv Inc.

[†]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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FREQUENTLY ASKED QUESTIONS

How and when should I use It Works! Carb Control?

It Works! Carb Control helps catch hidden carbs in your food and drinks before they're absorbed into your body. There's no waiting period—it works immediately, every time. It's best to incorporate It Works! Carb Control into your daily routine, so keep it handy around mealtimes. Take one caplet about 30 minutes before a meal or snack with moderate carbs (sugars or starches). If your meal is expected to be carb-heavy, take two caplets, but do not exceed two per day.

It Works! Carb Control must be taken prior to eating to catch carbs before they hit your bloodstream.† It isn't effective if taken directly with food or after eating.

What are some of the key, active ingredients in It Works! Carb Control?

Some of the active ingredients include:

- **InSea2®** – Harvested by hand and organically certified from wild, brown seaweed, it's clinically proven to slow carb-to-glucose conversion†
- **Cinnamon bark extract** – Activates cellular support of healthy blood-glucose levels†
- **White kidney bean extract** – Alpha-amylase enzyme inhibitors that help block the breakdown of carbs to sugars, delaying carb absorption†
- **Chromium** – An essential trace mineral that helps maintain healthy blood-sugar levels* and reduce glycemic stress†

What are carbs and how can It Works! Carb Control help me?

Carbohydrates are everywhere—not just in your pasta. They're hidden in everyday foods and drinks, and they give you cravings. Have you ever eaten a bag of chips, felt temporarily satisfied, yet found yourself hungry, agitated, and low on energy again just a few hours later?

That's a glycemic stress cycle fueled by carbs. Carbs spike your blood sugar, forcing your body to overreact with an insulin surge that tries to push circulating glucose into cells. That excess glucose must go somewhere, and in many cases, it ultimately converts to body fat and weight gain.

It Works! Carb Control works to minimize glycemic stress.† Each powerful caplet, with clinically proven InSea2®, slows carb digestion and absorption in your body to lessen blood-sugar spikes.†* You'll experience more, balanced energy and less carb-induced body fat as a result.†*

How should I eat while using It Works! Carb Control?

You'll experience optimal results by combining It Works! Carb Control with a healthy diet that's not regularly heavy with carbs. This product optimizes a healthy diet in which some carbs can still slip through. It also helps with an occasional indulgence!

Does It Works! Carb Control contain gluten?

It Works! Carb Control is formulated with only gluten-free ingredients. It is not currently tested for gluten that may or may not be introduced during the manufacturing process.

Can I give It Works! Carb Control to my children?

It Works! Carb Control is recommended only for adults ages 18 years and older.

Can I use It Works! Carb Control if I am pregnant, nursing, or have ongoing medical conditions?

If you are pregnant, nursing, or have an ongoing medical condition, we suggest that you consult your physician to find out if It Works! Carb Control is right for you.



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