



# Q BOOST SPRAY

## TARGETED METABOLISM SUPPORT SPRAY



Reach your fitness goals with this portable and easy-to-use support spray.\*



**Nature:** Combining garcinia cambogia extract and an exclusive vitamin and mineral blend for an active metabolic boost.\*

**Science:** Our spray technology is formulated for optimized bioavailability to support metabolism and appetite control.\*



### Supplement Facts

Serving Size: 8 Sprays (0.48 mL)  
Servings Per Container: 30

Amount Per Serving	% Daily Value	
Vitamin E (as D-Alpha Tocopheryl Acetate)	7 IU	33%
Vitamin B6 (as Pyridoxine HCl)	2 mg	200%
Vitamin B5 (as D-Panthenol)	10 mg	100%
Chromium (as chromium chloride)	6 mcg	5%
L-Carnitine	12 mg	*
Coenzyme Q10 (as Ubiquinol)	0.4 mg	*

**\*\*Percent Daily Values are not established**

**Other Ingredients:** Purified Water, Organic Glycerin, Garcinia Cambogia Extract, Sunflower Lecithin, Xylitol, Steviol Glycosides, Natural Spearmint Flavor, Potassium Sorbate.

No artificial flavors, or coloring. No yeast. Always consult your healthcare professional before taking any dietary supplement.

### FEATURES

- Formulated with the highest quality ingredients
- This sublingual spray delivers optimal absorption\*
- Customizable dosage for desired effect
- Natural spearmint flavor

### BENEFITS

- Supports a healthy metabolism\*
- Helps control cravings\*
- Promotes exercise recovery\*
- Provides a burst of quick energy\*



### Suggested Use:

Before initial use, activate the pump by pressing two to four times. Shake gently and spray under tongue. Wait 30 seconds to a minute to allow absorption, then swallow. 6-8 sprays per day or as needed. For best results, take 15 minutes before meals.



Join the MyQFIT community and find a life changing fitness program for you!  
[myqfit.com](http://myqfit.com)

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\* 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.