

METABOLIC MULTI

A vegetarian, gluten free multivitamin and mineral supplement that supports healthy metabolism and energy levels.*

Metabolic Multi supports a wide range of metabolic health factors, including those factors that contribute to Metabolic Syndrome (MetS).*

- Meriva®**
 The formula also includes Meriva®, which has been extensively studied for its impact on antioxidant activity.*¹

 Aside from supporting antioxidant capacity, Meriva® is also connected to other supportive properties, including joint health, delayed onset muscle soreness and immune function.*²
- Defense against oxidative stress***
 GreenSelect® Green Tea Phytosome, vitamin D, and our standard minerals and vitamins all provide free-radical scavenging support.* In fact, Greenselect® Green Tea Phytosome has been extensively studied for its free-radical fighting activity and for weight management support.* A 20% increase of the free-radical neutralizing capacity was observed in volunteers treated with Greenselect® Phytosome.*³

GreenSelect® has also been studied with respect to its effects on MetS and body composition, in conjunction with diet and lifestyle changes.* In two clinical trials, GreenSelect® exhibited beneficial activity regarding metabolic health markers.*^{4,5}

It also supports thermogenesis.*

- Cardiovascular health***
Metabolic Multi provides varied nutrients to support cardiovascular health and cholesterol levels within normal ranges, including trans resveratrol, Purple Tea with GHG® (formulated with extra high levels of anthocyanins), choline, and folate. Benfotiamine is a lipid soluble form of thiamine which helps support vascular integrity.*

Purple Tea with GHG® has added supportive benefits of weight management and skin health.* It has been shown in two small, open-label human clinical studies to support weight loss, body composition and collagen in the dermis.* Research currently suggests that these polyphenols may support normal pancreatic lipase activity and help support normal fat absorption and healthy fat metabolism.*^{6,7}

Metabolic Support & Insulin Utilization*

- L-carnosine, berberine, benfotiamine and taurine help to support normal regulation of macronutrient metabolism.* Berberine, Cinnamon, R-lipoic acid and trans resveratrol supports normal insulin utilization.*

Bone health*

- Vitamin D and vitamin K2 as MK-7 support bone health and metabolism*

Eye health*

- Lutein, lycopene and zeaxanthin provide support for ocular health.*

Nervous system function*

- Bioactive B vitamins provide nerve health support*

Why do we choose Phytosome More Bioavailable® technology?

Phytosome Complexes bind an herbal extract to a phospholipid – in our case it's phosphatidylcholine, a principal element of cell membranes. This unique Phytosome More Bioavailable® Complex easily crosses the gut barrier, resulting in significantly higher blood levels of the ingredients they are attached to. The complex improves the bioavailability of the natural molecules and stabilizes them at intestinal pH values.

Metabolic Multi provides biologically active forms of many important ingredients, making it a perfect choice for patients with GI dysfunction.*

Suggested Use: As a dietary supplement, take 6 capsules daily, in divided doses with food, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 6 Capsules Servings Per Container 30			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as 50% Retinyl Palmitate, 50% Beta Carotene) 1,050 mcg	117%	Chromium (as Cr Polynicotinate) † 400 mcg	1,143%
Vitamin C (as Ca Ascorbate & Ascorbyl Palmitate) 620 mg	689%	Potassium (as K Citrate) 50 mg	1%
Vitamin D3 (as Cholecalciferol) 50 mcg (2,000 IU)	250%	Taurine 300 mg	*
Vitamin E (as d-alpha Tocopheryl Succinate) 67 mg	447%	R-Alpha Lipoic Acid (Sodium Salt) 150 mg	*
Thiamine (as Thiamine HCl) 25 mg	2,083%	Inositol 125 mg	*
Riboflavin (as Riboflavin & Riboflavin 5-Phosphate) 37.5 mg	2,885%	Berberine HCl 100 mg	*
Niacin (as Niacinamide) 75 mg	469%	Cinnamon (Cinnamomum cassia) Dried Bark Extract (10:1) 100 mg	*
Vitamin B6 (as Pyridoxal 5-Phosphate & Pyridoxine HCl) 25 mg	1,471%	Greenselect® Green Tea (Camellia sinensis leaf extract/ Phosphatidylcholine complex) 100 mg	*
Folate (as L-Methyltetrahydrofolate Calcium) 800 mcg DFE	200%	Benfotiamine 50 mg	*
Vitamin B12 (as Methylcobalamin) 500 mcg	20,833%	Meriva® (Curcuma longa root extract/ Phosphatidylcholine complex) 50 mg	*
Biotin 3000 mcg	10,000%	L-Carnosine 50 mg	*
Pantothenic Acid (as Ca Pantothenate) 50 mg	1,000%	Alluvia® Purple Tea (Camellia sinensis) Leaf Extract (Standardized to 3% GHG®) 25 mg	*
Choline (as Choline Bitartrate) 100 mg	18%	Trans resveratrol (from Polygonum cuspidatum) 25 mg	*
Calcium (as Ca Citrate) 150 mg	12%	Lutein 6 mg	*
Iodine (as K Iodide) 200 mcg	133%	Boron (as B Glycinate) 2 mg	*
Magnesium (as Mg Citrate) 150 mg	36%	Lycopene 1.25 mg	*
Zinc (as Zn Citrate) 15 mg	136%	Zeaxanthin 1 mg	*
Selenium (as Selenomethionine) 70 mcg	127%	Vanadium (as bis-glycinato oxo vanadium) 100 mcg	*
Copper (as Copper Bisglycinate Chelate) (TRAACS™) 2 mg	222%	Vitamin K2 (as Menaquinone-7) 100 mcg	*
Manganese (as Mn Citrate) 2 mg	87%		

*Daily Value not established.

†ChromeMate® brand niacin-bound chromium. Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

¹Cuomo, J., et al. Comparative absorption of a standardized curcumin mixture and its lecithin formulation. J Nat Prod, 2011. 74(4): p. 664-9.
²Togni S, Appendino G. Curcumin and Joint Health: From Traditional Knowledge to Clinical Validation (2013) Bioactive Food As Dietary Interventions for Arthritis and Related Inflammatory Diseases.
³Pietta, P., Simonetti, P., Gardana, C., Brusamolino, A., Morazzoni, P., & Bombardelli, E. (1998). Relationship between rate and extent of catechin absorption and plasma antioxidant status. Iubmb Life. doi:10.1080/15216549800204442
⁴Greenselect Phytosome for Borderline Metabolic Syndrome. (n.d.). Retrieved from <http://www.hindawi.com/journals/ecam/2013/869061/>
⁵Menghi, A. B., Barreca, A., Lucarelli, M., & Calandrelli, A. (0). GreenSelect® Phytosome as an Adjunct to a Low-Calorie Diet for Treatment of Obesity: A Clinical Trial.
⁶Unpublished study. Research and Development Department, Oryza Oil and Fat Chemical Company, Ltd. 2014 May 12.
⁷Unpublished study. Research and Development Department, Oryza Oil and Fat Chemical Company, Ltd. 2014 March 1.

VEGETARIAN / GLUTEN FREE / SOY FREE



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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.

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