

Nutritional Management of Blood Sugar Levels*



Blood sugar concerns are on the rise*

According to recent statistics, an estimated 20.8 million Americans—7 percent of the population—have blood sugar concerns. Now more than ever your patients need guidance on how to achieve and maintain blood sugar homeostasis for their long-term health.*

Your guide to advanced blood sugar management*

In this clinical guide, you'll find product descriptions, recommendations, and a quick reference tool explaining how to address:

- Blood sugar levels*
- Body composition*
- Cardiovascular health*

Metagenics' commitment to excellence

Metagenics is dedicated to providing science-based, premium quality nutraceuticals and medical foods that represent the forefront of natural health science. This commitment is reflected in our use of cutting-edge genetic, cellular, and clinical testing procedures and NNFA, NSF, and TGA GMP-certified facilities for production of high quality formulations.

Safety

Research

Efficacy

Managing blood sugar with targeted nutritional support♦

Metabolic Syndrome and Altered Body Composition

UltraMeal®

Medical food for metabolic syndrome

Clinically tested UltraMeal is a medical food designed to nutritionally support the management of conditions associated with metabolic syndrome.

Recommended uses:

- Altered body composition
- Central obesity
- Insulin resistance

Patient benefits:

- Promotes the loss of fat while helping to maintain lean muscle mass
- Provides a low-glycemic-index meal option with all essential vitamins and minerals
- A dairy-free source of calcium for bone health
- Available in 7 delicious flavors—
 - Vanilla
 - Dutch Chocolate
 - Strawberry Supreme
 - Mocha
 - Banana Blast
 - Country Peach
 - Raspberry

Also available: *UltraMeal® Bar* medical food as well as *whey and rice protein options*.



Metabolic Syndrome and Cardiovascular Disease

UltraMeal® Plus

Medical food for metabolic syndrome and cardiovascular disease

Clinically tested UltraMeal Plus is a medical food designed to nutritionally support the management of conditions associated with metabolic syndrome and cardiovascular disease. Features a proprietary blend of soy protein and 2 grams of plant sterols per serving in accordance with NIH recommendations.

Recommended uses:

- Hypercholesterolemia
- Hypertriglyceridemia
- Hypertension

Patient benefits:

- Nutritionally supports the management of metabolic syndrome and cardiovascular disease issues
- Provides a heart-healthy meal option with all essential vitamins and minerals
- Good source of fiber
- Available in 4 delicious flavors
 - Vanilla
 - Dutch Chocolate
 - Mocha
 - Banana Blast



Type 2 Diabetes and Hypoglycemia

UltraGlycemX®

Medical food for dysglycemia

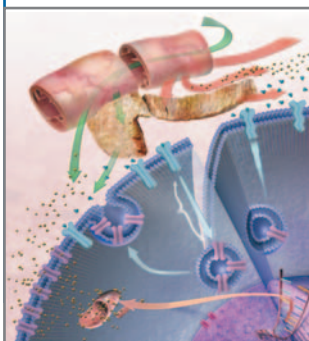
UltraGlycemX provides a clinically tested, low-glycemic-index medical food to nutritionally support the management of conditions associated with dysglycemia. UltraGlycemX contains specialized nutrients—such as chromium, cinnamon, alpha-lipoic acid, vanadium, vitamin E, biotin, and magnesium—to support insulin receptor sensitivity and function, as well as insulin-stimulated glucose disposal.

Recommended uses:

- Type 2 diabetes
- Hypoglycemia

Patient benefits:

- Supports healthy insulin and glucose metabolism
- Protects against oxidative stress
- Provides a blend of specific fibers to support blood sugar management
- Available in 2 delicious flavors
 - Original
 - Chocolate



The Role of Insulin in Managing Blood Sugar

After a meal, dietary carbohydrates are broken down into simple sugars and directly absorbed into the bloodstream, causing blood sugar levels to rise. This rise in blood glucose signals beta cells in the pancreas to secrete insulin into the bloodstream. Insulin binds to cellular receptors and enables glucose to enter the cell, where it is burned for energy or stored for future use.

When blood glucose levels are consistently high, cellular receptors may lose their ability to respond properly to insulin. The pancreas attempts to overcome this lack of an appropriate response by secreting even greater amounts of insulin, causing serious health problems over time.

Healthy Blood Sugar♦

MetaGlycemX™

Nutritional support for healthy blood sugar♦

MetaGlycemX is a scientifically advanced formula that includes a unique combination of green tea, cinnamon, and alpha-lipoic acid—along with a comprehensive foundation of nutrients—to be used as part of a healthy diet to help maintain healthy blood sugar.♦

Recommended use:

- Healthy blood sugar support♦

Patient benefits:

- All-natural, convenient, easy-dose tablets
- Features green tea catechins (EGCG), shown to protect the insulin-secreting pancreatic islet cells♦
- Supplies bioactive cinnamon compounds that potentiate insulin activity♦
- Provides alpha-lipoic acid, a free radical scavenger that also enhances insulin sensitivity♦
- Delivers a sophisticated and comprehensive blend of targeted micronutrients and antioxidants to support healthy glucose metabolism♦

Two tablets supply: Vitamin C (as ascorbic acid) 300 mg, Vitamin E (as d-alpha tocopheryl succinate) 200 IU, Thiamin (as thiamin mononitrate) 15 mg, Riboflavin 9 mg, Niacin (as niacinamide) 90 mg, Pantothenic Acid (as D-calcium pantothenate) 30 mg, Vitamin B₆ (as pyridoxine hydrochloride) 9 mg, Vitamin B₁₂ (as cyanocobalamin) 150 mcg, Biotin 2 mg, Folate (as folic acid) 400 mcg, Zinc (as zinc glycinate) 9 mg, Copper (as copper lysinate hydrochloride) 0.75 mg, Manganese (as manganese citrate) 1.2 mg, Chromium (as chromium polynicotinate) 600 mcg, Selenium (as seleno-methionine) 90 mcg, Vanadium (as vanadyl sulfate) 0.5 mg, Alpha-Lipoic Acid 100 mg, L-Carnosine 50 mg, Taurine 300 mg, Chinese Cinnamon Bark (*Cinnamomum cassia*) 500 mg, Catechins 100 mg, Epigallocatechin Gallate (EGCG) (from decaffeinated green tea leaf, *Camellia sinensis*) 66.5 mg

Recommendations: One to two tablets two times daily.

Form: 60 and 120 Tablet Bottles (Vegetarian)



Healthy Insulin Function♦

Insinase™

Selective Kinase Response Modulators for healthy insulin function♦

Insinase offers a scientifically demonstrated formula—derived from a uniquely combined ratio of reduced iso-alpha acids (RIAA) and acacia extract designed to support healthy insulin sensitivity and triglyceride levels.♦

Recommended uses:

- Healthy insulin function♦
- Healthy glucose utilization♦
- Healthy metabolic function♦

Patient benefits:

- Proprietary formula featuring selective kinase response modulators (SKRMs)—RIAA and acacia—which have been clinically shown in a preliminary study at the FMRC* to improve fasting insulin and lipid parameters♦
- Modulates kinase signaling in adipocytes. These fat-storing cells are involved in glucose utilization and insulin signaling♦
- Balanced kinase signaling helps to maintain healthy blood sugar and triglyceride regulation♦
- *In vitro* testing of the active ingredients has demonstrated inhibition of IL-6 cytokines—which influence insulin function♦

Three tablets supply: A proprietary blend of Reduced Iso-Alpha Acids and Acacia Extract (*Acacia nilotica*) 540 mg.

Recommendations: Three tablets daily.

Form: 90 Tablet Bottle

* FMRC (Functional Medicine Research CenterSM) is the clinical research arm of Metagenics.



The ExpressSyn Process: Setting a New Standard in Clinical Certainty

Since its inception, Metagenics has introduced many innovative “firsts” that have raised the bar of quality and effectiveness in the natural healthcare industry. Building on this legacy, Metagenics’ research scientists have developed the ExpressSyn Process—the most significant product development innovation in the history of nutritional supplements.

The ExpressSyn Process combines **cell proteomic research, safety evaluations,** and **human clinical research** to demonstrate efficacy and a high level of predicted safety for the line of ExpressSyn products. *The ExpressSyn Process has set a new standard of clinical certainty in nutritional supplements.*



ExpressSyn Breakthrough: SKRMs

There are 540 known kinases—enzymes involved in key metabolic processes—that translate good food choices into signals of good health and poor food choices into signals of poor health. *The remarkable discovery about kinase activity is that it has been correlated with the development of lifestyle issues related to insulin function and many other physiological activities.♦*

Metagenics has scientifically tested SKRMs that specifically target insulin function—leading to the development of Insinase. This formula is designed to modulate kinase signaling in favor of healthy insulin sensitivity and glucose transport.♦