

Metabolic Lean®

Healthy Weight Management Formula‡

DESCRIPTION

Metabolic Lean® by Douglas Laboratories is a novel healthy weight management† formula that includes three clinically studied ingredients: Meratrim® plant extract, Capsimax™ capsicum extract and chromium picolinate. This special combination of ingredients may support lipolysis, thermogenic activity and insulin function. The ingredients in Metabolic Lean™ may also help promote adiponectin levels which facilitate healthy fat metabolism and glucose regulation.‡

INDICATIONS

- Healthy weight management support†‡

FUNCTIONS AND MECHANISM OF ACTION

Meratrim®

Meratrim® is a proprietary plant extract blend for healthy weight management† derived from two plants, *Sphaeranthus indicus* and *Garcinia mangostana*, traditionally used in Southeast Asian culture. Meratrim® has been shown in two independent, randomized, double-blind, placebo-controlled clinical studies to significantly reduce body weight, BMI and waist circumference within 8 weeks when used in combination with a diet and exercise plan. Meratrim® appears to achieve this by modulating the accumulation of fat while simultaneously supporting lipolysis. In vitro studies demonstrate that Meratrim® modulates the expression of biomarkers that control adipogenesis and lipogenesis as follows:‡

- Active in the expression of the peroxisome proliferator-activated receptor gamma (PPAR) hormone receptor. PPAR regulates adipocyte-specific genes involved in the formation and growth of fat cells.
- Active in the expression of adipocyte differentiation related protein (ADRP). This is a signaling protein which facilitates the uptake of fatty acids to form lipid droplets and adipocyte differentiation.
- Active in the expression of cluster of differentiation 36 (CD36)—a trans-membrane receptor that facilitates fatty acid uptake by adipocytes.

Capsicum

Capsimax™ capsicum extract is a proprietary encapsulated form of premium, highly concentrated natural capsicum fruit extract manufactured from hot red peppers. The benefits of capsicum and capsaicinoids in animal and human studies have shown that it helps moderate appetite, supports healthy metabolism and helps induce thermogenesis. Capsimax™ is a patent-pending encapsulated form of premium, highly concentrated natural capsicum extract. Using a proprietary matrix, Capsimax™ capsicum extract gives users the maximum effectiveness of capsaicinoids without any oral or gastric irritation, thus solving the problem of capsicum compliance.‡

Chromium

Chromium is an essential mineral that supports insulin function by activating insulin-dependent kinase activity. Several clinical trials suggest low-dose supplementation (<200ug/day) may support glucose homeostasis.‡

FORMULA (#202575)

Serving Size 1 Vegetarian Capsule:

Chromium	100 mg
(as chromium picolinate)	
Meratrim® Proprietary Blend	400 mg
(<i>Sphaeranthus indicus</i> [flower heads] extract, <i>Garcinia mangostana</i> [fruit rind] extract)	
Capsaicinoids.....	1 mg
(from Capsimax™, providing capsaicin, dihydrocapsaicin, nordihydrocapsaicin)	
Other Ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), vegetable stearate and	

silica.

Meratrim® is a Laila Nutraceuticals trademark
Capsimax™ is a trademark of OmniActive Health Technologies

Gluten-free, Non-GMO

SUGGESTED USE

Adults take 1 capsule 30 minutes before breakfast and 1 capsule 30 minutes before dinner, or as directed by your health professional.

WARNING

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

Keep out of reach of children.

STORAGE

Store in a cool, dry place, away from direct light. Use only if safety seal is intact.

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For more information on Metabolic Lean, visit douglaslabs.com

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

‡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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