

Metabolic Management Pack

Comprehensive Support for Healthy Weight Management†*

DESCRIPTION

Metabolic Management Pack supplies a combination of weight management formulas in one convenient pack, each designed with a different function to target the factors that may contribute to weight gain.* This pack includes the novel Metabolic Lean® formula by Douglas Laboratories, in addition to Relora®-Plex, CLA, Nature's Diet Caps®+Herbs. The special combination of ingredients supports healthy lipolysis, cortisol, thermogenic activity, adiponectin levels and insulin function. †

FUNCTIONS

Meratrim™

Meratrim™ is a proprietary plant extract blend 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 increasing fat burning.† Toxicological studies on Meratrim™ have demonstrated a wide margin of safety.

Capsicum

Capsimax™ capsicum extract is a proprietary encapsulated form of premium, highly concentrated natural capsicum fruit extract manufactured from hot red peppers. Capsaicinoids are a group of compounds which cause the "heat" found in hot peppers. Benefits of capsicum and capsaicinoids in animal and human studies have shown that it helps manage appetite, supports healthy metabolism to burn calories, 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 improving capsicum compliance.

Chromium

Zychrome™ is a unique, patent-pending chromium complex consisting of chromium, niacin and L-cysteine (chromium dinicocysteinatate). Seventeen chromium complexes were screened in preclinical studies in order to arrive at the complex found in Zychrome™. *In vitro* and *in vivo* studies demonstrated that Zychrome™ is more efficacious than other forms of chromium in supporting healthy fasting glucose levels, insulin levels, MCP-1, ICAM-1 and oxidative stress levels. †These effects of Zychrome™ are mediated via the regulation of cell signal transduction pathways. A randomized, double-blind, placebo-controlled clinical study showed that Zychrome™ significantly modulated the levels of insulin and insulin sensitivity as well as cytokine TNF and protein carbonyl, an oxidative stress marker. Toxicological studies have demonstrated a wide margin of safety.

Garcinia cambogia

This natural extract comes from a tropical fruit grown in several Asian rain forest areas. Research shows that (-) hydroxycitric acid helps maintain a healthy balance of hepatic lipogenesis and gluconeogenesis, thus preventing excessive conversion of glucose from dietary carbohydrate into body fat. † Research also indicates that (-) hydroxycitric acid plays an important role in the regulation of normal appetite. †

Conjugated Linoleic Acid

CLA is a mixture of conjugated dienoic derivatives of linoleic acid from safflower oil. Conjugated linoleic acid is found mainly in meat and dairy foods; however it can also be found in certain vegetable oils. Its presence in human tissue comes not only from dietary sources, but also from *in vivo* oxidation of linoleic acid. CLA has shown to be beneficial in supporting healthy weight management by maintaining normal fat metabolism and maintaining lean muscle mass in the body.†Relora®

Relora®

Naturally sourced, patent-pending combination of two herbal extracts of Magnolia and Phellodendron bark (Asian cork tree). Both herbs have been used in Traditional Chinese Medicine for several hundred years. In a human

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study, 82% of the participants taking Relora® agreed with the statement that: “Relora® helps control irritability, emotional ups and downs, restlessness, tense muscles, poor sleep, fatigue, and concentration difficulties.” † Relora® was found not to cause sedation, though 74% of the patients had more restful sleep. † Additionally, no adverse side effects were reported during the trial. A healthy weight management program should include strategies to help support stress and anxiety, especially in individuals sensitive to stress-induced eating. †

B vitamins

As co-enzymes, the B vitamins are essential components in most major metabolic reactions. They play an important role in energy production, including the metabolism of lipids, carbohydrates, and proteins. B vitamins are also important for blood cells, hormones, and nervous system function. † As water-soluble substances, B vitamins are not generally stored in the body in any appreciable amounts (with the exception of vitamin B₁₂). Therefore, the body needs an adequate supply of B vitamins on a daily basis.

INDICATIONS

Metabolic Management Pack may be a useful dietary supplement for individuals wishing to successfully manage their weight when used in combination with a healthy diet and regular exercise. †*

FORMULA (#66865-60X)

Serving Size: 1 pack

Each Pack includes: 1 Nature’s Diet Caps+Herbs capsule, 2 CLA softgels, 1 Relora-Plex capsule, 1 Metabolic Lean capsule

Calories	9
Total Fat	1g
Thiamine.....	5 mg
Riboflavin.....	5 mg
Niacinamide.....	5 mg
Vitamin B-6	5 mg
Folic Acid	100 mcg
Vitamin B-12	50 mcg
Chromium.....	200 mcg
(from Chromium Polynicotinate/Dinicocysteinate)	
Safflower Oil Complex	1,000 mg *
Providing	
Conjugated linoleic Acid	770 mg
Green Tea extract (leaf)	0.5 mg
Meratrim™ Proprietary Blend.....	400 mg
(Sphaerantus indicus [flower heads] extract, Garcinia mangostana [fruit rind] extract)	
Capsaicinoids.....	0.5 mg
(from Capsimax™, providing capsaicin, dihydrocapsaicin, nordihydrocapsaicin)	
Garcinia Cambogia (fruit)	500 mg
supplying: (-) hydroxycitric acid (HCA)	300 mg
Proprietary Herbal Blend	200 mg
Green Tea Extract (leaf), Eleutherococcus	
senticosus (root), Cayenne (Fruit), Gotu Kola	
(Entire Plant), Beet Powder (Root), Ho Shou	
Wu (Entire Plant), Wood Betony (Entire Plant),	
Guarana (Seed) and Kola Nut (Roasted Seed)	
Relora®	250 mg

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(a proprietary blend of a patented** extract from *Magnolia officinalis* [bark] and a proprietary extract from *Phellodendron amurense* [bark])

Other Ingredients: Gelatin, hydroxypropyl methylcellulose (capsule), cellulose, dicalcium phosphate, vegetable stearate, glycerin, water, carob extract, titanium oxide pharmaceutical glaze and silica

SUGGESTED USE

Adults take 1 pack 30 minutes before breakfast and 1 pack 30 minutes before dinner with 8 oz. of water, or as directed by your health care professional.

SIDE EFFECTS

Gastrointestinal side effects may occur.

Warning: If you are pregnant, breastfeeding or taking blood thinning medication consult a physician prior to use. Excessive consumption may impair ability to drive or operate heavy machinery. Not recommended for consumption with alcoholic beverages.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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For more information on Metabolic Management Pack, visit douglaslabs.com

† 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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