

Cardio-Metabolic

Nutritional Support for Cardio-Metabolic Health*

Cardio-Metabolic Supplementation

Cardio-Metabolic is a delicious drink formula containing a comprehensive mix of macro- and micronutrients. Cardio-Metabolic promotes overall health and well-being by supporting healthy blood lipid profiles and optimal blood glucose balance.* It is an easily digested, low-carbohydrate source of pea protein isolate and organic brown rice protein with concentrated levels of vitamins, minerals, and BCAAs.

Key benefits and quality differences of Cardio-Metabolic include:

- Supports healthy blood lipid profiles*
- Supports cardio-metabolic and cardiovascular health*
- Promotes overall health and well-being*
- Supports healthy oxidative stress*
- Supports optimal blood glucose balance*

How Cardio-Metabolic Works

The plant sterols contained in Cardio-Metabolic help support blood lipid absorption processes in the intestinal micelles.*¹ Plant sterols belong to the family of molecules found in the cell membranes of plants.² Clinical studies show that a diet low in saturated fat and high in whole foods supports cardio-metabolic health.*^{1,2,3}

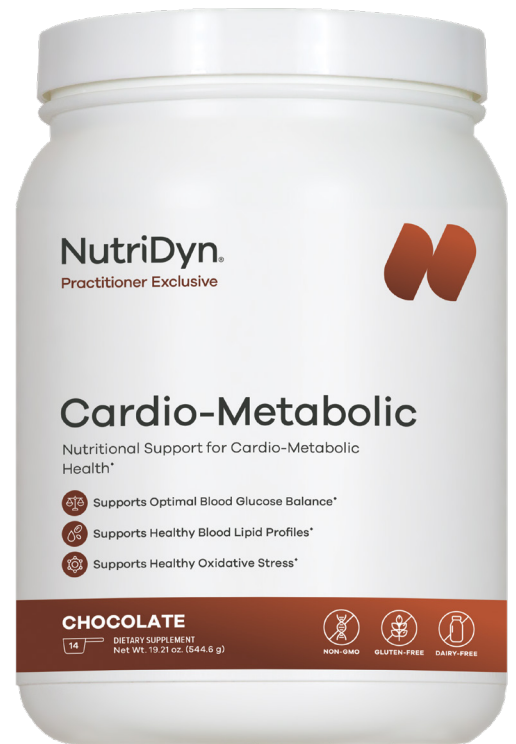
Niacin also may help promote healthy lipid levels already in a normal range.*⁴ Numerous clinical studies show a positive connection between cardiovascular and cardio-metabolic health and niacin consumption.*^{4,5,6} Niacin may help support healthy lipid levels already in a normal range by relaxing blood vessels and promoting healthy circulation.*⁶

Cardio-Metabolic also contains dietary fiber in the form of gum arabic powder and glucomannan, which are known for their role in promoting cardio-metabolic health and healthy digestive function.*^{7,8} Pea protein isolate and organic brown rice protein are plant-based proteins that provide additional support for digestive and heart health.*⁹

Cardio-Metabolic also includes a comprehensive mix of vitamins, minerals, and BCAAs to further support cardiovascular and cardio-metabolic health and overall well-being.* The mix of vitamins and minerals in Cardio-Metabolic supports micronutrient levels in the body for overall health.*¹⁰ Clinical evidence shows that supplementing with BCAAs is associated with promoting cardio-metabolic health.*^{11,12}

Why Use Cardio-Metabolic?

Cardio-Metabolic is an ideal nutritional supplement that promotes healthy blood lipid profiles and optimal blood glucose balance with evidence-based ingredients.* Cardio-Metabolic contains a comprehensive mix of vitamins, minerals, plant sterols, BCAAs, and prebiotic fiber to support numerous health benefits.* Cardio-Metabolic contains no artificial sweeteners, gluten, GMOs, or added sugars.



Supplement Facts

CHOCOLATE

Serving Size: About 1 Scoop

Servings Per Container: 14

Ingredients:	Amount	%DV*
Calories	140	
Total Fat	2.5 g	3%*
Saturated Fat	1 g	4%*
Total Carbohydrate	10 g	4%*
Dietary Fiber	4 g	14%*
Protein	17 g	
Vitamin A (as retinyl palmitate)	375 mcg RAE	42%
Vitamin C (ascorbic acid)	50 mg	56%
Vitamin D3 (as cholecalciferol)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopheryl acetate)	5 mg	33%
Thiamin (as thiamine HCl)	5 mg	417%
Riboflavin	5 mg	385%
Niacin (as niacinamide)	15 mg NE	94%
Vitamin B6 (as pyridoxal-5-phosphate)	5 mg	294%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	400 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	250 mcg	10,417%
Biotin	150 mcg	500%
Pantothenic Acid (as calcium-d-pantothenate)	2.5 mg	50%
Calcium (as dicalcium phosphate)	120 mg	9%
Iron	6.3 mg	35%
Phosphorous (from dicalcium phosphate)	63 mg	5%
Iodine (as potassium iodide)	38 mcg	25%
Magnesium (as magnesium citrate)	100 mg	24%
Zinc (as zinc gluconate)	15 mg	136%
Selenium (as L-selenomethionine)	52.5 mcg	95%
Copper (as copper gluconate)	2 mg	222%
Chromium (as chromium picolinate)	1,000 mcg	2,857%
Sodium	210 mg	9%
Potassium	340 mg	7%
Glucosaminan (from umbrella arum root extract)	1.5 g	**
Gum Arabic Tree Gum Resin Powder	1.5 g	**
Plant Sterols	1.14 g	**
L-Lysine (as lysine HCl)	850 mg	**
L-Leucine	700 mg	**
L-Valine	500 mg	**

Ingredients:	Amount	%DV*
Bitter Melon Fruit Extract	250 mg	**
Organic Cassia Bark Powder	200 mg	**
Fenugreek Seed Extract	150 mg	**
Hops Aerial Parts Extract	125 mg	**
L-Isoleucine	100 mg	**
Gymnema Leaf Extract	67 mg	**

Amino Profile

Alanine	707 mg
Arginine	1,344 mg
Aspartic Acid	1,697 mg
Cystine	170 mg
Glutamic Acid	2,734 mg
Glycine	593 mg
Histidine	437 mg
Isoleucine	761 mg
Leucine	1,316 mg
Lysine	1,168 mg
Methionine	169 mg
Phenylalanine	884 mg
Proline	673 mg
Serine	785 mg
Threonine	565 mg
Tryptophan	147 mg
Tyrosine	486 mg
Valine	859 mg

Other Ingredients: Pea Protein Isolate, Cocoa Bean Powder processed with Alkali, Isomalt Powder, Organic Brown Rice Protein, Natural Flavor, Silica, Stevia Leaf Extract.

BioFolate® is a federally registered trademark of MTC Industries, Inc.

Directions: Shake canister before scooping. Mix 1 scoop in 10-12 ounces of water twice daily or as recommended by your healthcare practitioner. Consume within 5 minutes of reconstitution. If blending, blend no longer than 15 seconds.

Warning: If pregnant, nursing, or taking medication such as blood sugar lowering medication, consult your healthcare practitioner before use. To be used under the supervision of a healthcare practitioner. Keep out of reach of children.

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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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