

Metabolism Matrix

Give your patients' metabolic function a boost. Support blood sugars, cortisol and weight management through a comprehensive, yet gentle, approach.

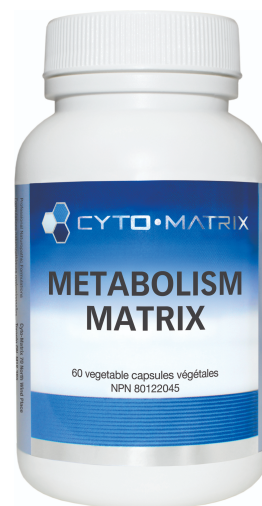
Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- Contains cinnamon and chromium for improved insulin sensitivity and blood sugar regulation
- *Withania somnifera* provides stress support and cortisol balancing, also necessary for proper blood glucose control
- Other herbal extracts such as green tea extract, green coffee bean extract and garcinia cambogia act to directly stimulate metabolism and aid in healthy weight maintenance

Metabolic Syndrome has become one of the most common concerns in North America today, even in children and adolescents. The implications for long-term health and quality of life are vast. Metabolism Matrix offsets these concerns by providing support for insulin, blood sugars, cortisol and weight management. Cinnamon and chromium are both included to aid in the regulation of blood glucose.

Cinnamon acts as an insulin mimetic, decreases sugar absorption and reduces spikes in blood glucose while chromium works to increase insulin receptor sensitivity. *Withania somnifera*, also known as ashwagandha, also regulates blood sugars but through quite a different mechanism. Ashwagandha is useful for stress management because of its

modulation of cortisol, a hormone that is directly responsible for increasing blood sugar levels. Moreover, ashwagandha is beneficial to curb unhealthy food cravings and poor coping patterns that we often gravitate toward during times of stress. Various herbs are also integrated into Metabolism Matrix to directly aid in weight loss efforts. Research has shown that green tea extract and its active ingredients, known as catechins, aid in weight management through the induction of metabolism. *Garcinia cambogia* and its hydroxycitric acid content fuel weight loss and may decrease appetite and food intake as well. Finally, green coffee bean extract has been found to stimulate weight loss, reduce homocysteine and lower blood pressure in overweight individuals. These effects are thought to be due to the high chlorogenic acid content in green coffee beans.

Although there is certainly no substitute for a well-balanced diet and moderate exercise, Metabolism Matrix helps to support the hormones involved in metabolism and weight management, acting as an effective adjunct to a healthy lifestyle.

Each capsule contains

Ashwagandha	200mg
(root, <i>Withania somnifera</i>) 5:1 extract equivalent to 1000 mg dried root	
Green tea	166.7mg
(leaf, <i>Camellia sinensis</i>) standardized to 50% EGCG and 15% caffeine	
Cassia cinnamon	110mg
(bark, <i>Cinnamomum aromaticum</i>) 10:1 extract equivalent to 1100mg dried bark	
Garcinia cambogia	100mg
(rind, <i>Garcinia gummi-guta</i>) standardized to 60% hydroxycitric acid	
Green coffee bean extract	100mg
(seed, <i>Coffea arabica</i>) standardized to 45 mg chlorogenic acids and 2% caffeine	
Chromium	50mcg
(chromium polynicotinate)	

Non-Medicinal Ingredients

Hypromellose, magnesium stearate.

Recommended Use Claim

Helps to support/maintain healthy blood glucose levels. To be used with a program of reduced intake of dietary calories and increased physical activity (if possible) to help in weight management.

Directions of Use

Adults (19 years and older) - Take 1 capsule, 3 times per day with food. Consult a healthcare professional for use beyond 12 weeks.

Cautions and Warnings

Do not use if you are pregnant. Ask a healthcare professional before use if • you are breastfeeding • you have diabetes • you have iron deficiency • you have a liver disorder. Avoid taking with alcohol or products that cause drowsiness. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Stop use and ask a healthcare professional if you experience symptoms of liver trouble such as • yellowing of the skin/eyes (jaundice) • stomach pain • sweating • nausea • dark urine • unusual tiredness • loss of appetite. Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported (in Canada and internationally). Keep out of reach of children. Consult a healthcare professional if symptoms persist or worsen.

Storage Conditions

Do not use if safety seal is broken.