Metabotrim®
CHROMIUM, VITAMIN B₆ COMPLEX
DIETARY SUPPLEMENT

Positioning Statement
Metabotrim® provides essential vitamins and minerals for the normal conversion of food to usable energy.

Concept
Metabotrim® provides essential B-vitamins, L-carnitine, and chromium chelate. Chromium is important for normal insulin function, which helps regulate carbohydrate, fat, and protein metabolism. L-carnitine shuttles long-chain fatty acids into the mitochondria where they can be burned to provide energy important for the oxidation (breakdown) of fat and for fat metabolism. Niacin (vitamin B₃) is involved in fatty acid synthesis. While Metabotrim® does not “burn” existing fat, it does help metabolise fat, as it includes high levels of many ingredients known to be involved in fat synthesis. This product works best when used in conjunction with a fitness plan, specifically aerobic activity.

Primary Benefits
• Includes essential vitamins and minerals to promote normal function of bodily processes
• Contains L-carnitine, which plays an important role in fat metabolism, thereby promoting energy production
• Chromium picolinate is a trace element for normal insulin function and promotes normal conversion of macromolecules into energy
• Contains the B-vitamins (B₃, B₆, and B₁₂) that are involved in fat and carbohydrate metabolism

Who Should Use This Product?
As a dietary supplement, Metabotrim® is intended for adults currently trying to lose weight or using the TRA™ (The Right Approach) weight management system.

Did You Know?
• B-vitamins are cofactors in hundreds of different metabolic processes
• Chromium was discovered in 1797
• B-vitamins were so named because early researchers thought they were amino acids (“vital amines”)

Frequently Asked Questions
What is the role of the B-vitamins in Metabotrim®?
B-vitamins (niacin, vitamins B₆, and B₁₂) are essential cofactors (coenzymes) in hundreds of different metabolic processes that occur in the mitochondria of the cell where glucose, fatty acids, and amino acids from food are converted into usable forms of energy.

What is the role of chromium in Metabotrim®?
Chromium is an essential mineral and plays a vital role in normal insulin function. In general, insulin acts to maintain healthy extracellular (including blood plasma) levels of glucose. In adipose (fatty) tissue, it facilitates the absorption of glucose and its subsequent conversion to fatty acids and it inhibits the breakdown of fatty acids to simpler compounds. In muscle, it facilitates the transport of glucose into cells and its conversion to glycogen. Chromium also increases protein synthesis in muscle. In the liver, insulin facilitates glucose metabolism and its conversion to glycogen and inhibits its synthesis from simpler compounds.

Will Metabotrim® “burn” existing fat?
No, this product will not burn fat. The best way to burn body fat is through regular aerobic exercise for 30 minutes or more at a time.
Metabotrim®

Key Scientific Studies

Supplement Facts
Serving Size One Capsule

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%Daily Value*</th>
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<tbody>
<tr>
<td>Vitamin C (as Calcium Ascorbate)</td>
<td>75 mg</td>
</tr>
<tr>
<td>Niacin (as Niacinamide)</td>
<td>10 mg</td>
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<tr>
<td>Vitamin B6 (as Pyridoxine Hydrochloride, Pyridoxal-5-Phosphate)</td>
<td>3 mg</td>
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<tr>
<td>Vitamin B12 (as Cyanocobalamin, Dibencozide)</td>
<td>6 mcg</td>
</tr>
<tr>
<td>Magnesium (as Magnesium Aspartate, Magnesium Citrate, Magnesium Chelate)</td>
<td>20 mg</td>
</tr>
<tr>
<td>Chromium (as Chromium Chelate)</td>
<td>100 mcg</td>
</tr>
<tr>
<td>Potassium (as Potassium Aspartate, Potassium Citrate)</td>
<td>20 mg</td>
</tr>
<tr>
<td>Carnitine (as L-Carnitine L-Tartrate)</td>
<td>100 mg</td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other Ingredients: Maltodextrin, Gelatin, Magnesium Stearate, Silicon Dioxide, Magnesium Silicate, Vanillin.

Directions for Use
Take one (1) capsule with 250 mL (1 glass) of liquid with your morning and evening meals. Store in a cool, dry place.

Packaging
60 capsules (30-day supply)

Warnings
Keep out of reach of children. If you are pregnant or lactating, taking a prescription medication, or have a known medical condition, you should consult with a doctor before taking any supplement.