

Metabolic Xtra

Supports healthy glucose metabolism[‡]

INDICATIONS

- Ages 18 and up

BENEFITS

- Supports healthy insulin receptor function and signaling[‡]
- Supports healthy glucose metabolism[‡]

FEATURES

- 350 mg berberine per capsule
- Made with hypoallergenic, vegan ingredients

VERIFIABLE SCIENCE

Metabolic Xtra is a powerful combination of nutrients that helps support insulin receptor function as well as healthy glucose metabolism. The natural plant alkaloid berberine enhances the expression and function of insulin receptors. In a randomized, placebo-controlled trial involving 116 subjects, berberine provided statistically significant support for healthy glucose and lipid metabolism.¹ Resveratrol promotes healthy AMPK and SIRT1 protein levels to support cellular metabolism and glucose homeostasis. In a randomized, double-blind, placebo-controlled, 4-week study, resveratrol supported healthy insulin signaling and antioxidant defenses.² The trace mineral chromium plays an important role in glucose and lipid metabolism, as well as enzyme activation. Optimal levels of chromium promote healthy carbohydrate and fat utilization. ChromeMate[®] has been clinically studied for its potential role in supporting healthy body composition when combined with a healthy diet and exercise.^{3,4} Alpha lipoic acid supports healthy receptor function and glucose metabolism.^{5‡}

SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-3 times daily, with meals.

SUPPLEMENT FACTS

Each capsule contains

	Amt/svg	%DV
Chromium (as ChromeMate [®] chromium polynicotinate)	200 mcg	386%
Berberine HCl	350 mg	*
Alpha lipoic acid (thioctic acid)	100 mg	*
resVida [®] Resveratrol (as trans-resveratrol)	20 mg	*

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber, ascorbyl palmitate

ChromeMate[®] brand niacin-bound chromium. ChromeMate[®] & logo are trademarks of Lonza or its affiliates. resVida[®] is a trademark of DSM.

STORAGE

Store in a cool, dry place.

WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

NOTES

Capsule size 00

Bottle count 90

Order code MX29

Bottle size 290 cc

Gluten-free

Hypoallergenic

Vegan/Vegetarian

Non-GMO[†]

REFERENCES

1. Zhang Y, et al. *J Clin Endocrinol Metab.* 2008 Jul;93(7):2559-65.
2. Timmers S, et al. *Cell Metab.* 2011 Nov 2;14(5):612-22.
3. Grant KE, et al. *Med Sci Sports Exerc.* 1997 Aug;29(8):992-8.
4. Crawford V, et al. *Diabetes Obes Metab.* 1999 Nov;1(6):331-7.
5. Kamenova P. *Hormones (Athens).* 2006 Oct-Dec;5(4):251-8.

[†]Visit PureEncapsulations.com for more information about our GMO policy