



Metabolic Support Protocol*

Objective	Product Recommendation	Dosage	Key Ingredients
Provides traditional botanical compound for metabolic support, including healthy cholesterol, triglyceride, and blood sugar levels*†	<p>Berberine 500 mg</p> <p>Berberine Ultra Absorption (with GammaSorb® gamma cyclodextrin)</p>	<p>1 capsule three times daily, or as recommended by a healthcare practitioner.</p> <p>1 capsule daily, or as recommended by a healthcare practitioner.</p>	Berberine [from Indian Barberrry (<i>Berberis aristata</i>) Bark and Root Extract]
Provides absorbable, tannin-free oligomeric proanthocyanidins (OPCs) from grape seed to support healthy blood sugar and cholesterol levels†, and healthy weight management*††	Clinical OPC® (French grape seed extract VX1®, 400 mg per softgel)	1 softgel daily. May take up to 3 times a day for enhanced benefits, or as recommended by a healthcare practitioner.	French Grape (<i>Vitis vinifera</i>) Seed Extract (VX1®) standardized to contain ≥99% polyphenols and ≥80% OPCs (Tannin Free)
Supports healthy cellular energy throughout the body, and helps protect nerves, muscles, heart, and brain from the risk of oxidative stress and damage*	CoQ10 Chewable 100 mg (with GammaSorb® for 8 times higher absorption^)	1 chewable tablet daily, or as recommended by a healthcare practitioner.	Coenzyme Q10 (ubiquinone)
Provides clinically studied support for healthy blood sugar balance, slower glucose absorption, carbohydrate metabolism, and healthy AC1 levels*†	Sucontral® D	1 capsule, twice daily, or as recommended by a healthcare practitioner.	Copalchi (<i>Hintonia latiflora</i>) Bark Extract (2-4:1) providing 20 mg of polyphenols, Vitamin C (as ascorbic acid), Vitamin E (as d-alpha tocopherol acetate), Thiamin (Vitamin B1) (as thiamin HCl), Riboflavin (Vitamin B2), Vitamin B6 (as pyridoxine HCl), Folate, Vitamin B12 (as cyanocobalamin), Biotin, Zinc (from zinc acetate), Chromium (from chromium chloride)