



Metabolic Support Protocol^{*}

Objective	Product Recommendation	Dosage	Key Ingredients
Provides traditional botanical compound for metabolic support, including healthy cholesterol, triglyceride, and blood sugar levels ^{††}	Berberine 500 mg	1 capsule three times daily, or as recommended by a healthcare practitioner.	Berberine [from Indian Barberry (<i>Berberis aristata</i>) Bark and Root Extract]
	Berberine Ultra Absorption (with GammaSorb [®] gamma cyclodextrin)	1 capsule daily, or as recommended by a healthcare practitioner.	Berberine [from Phellodendron (<i>Phellodendron amurense</i>) Bark Extract]
Provides absorbable oligomeric proanthocyanidins (OPCs) from grape seed to support healthy blood sugar and cholesterol levels [†] , and healthy weight management ^{†††}	Clinical OPC[®]	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
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)
Features ingredients that support healthy levels of the critical hormone, cortisol, for a more balanced response to life's challenges. [†] And that includes healthy weight management ^{†††}	Cortisol Stress Support^{††*}	Women: 1 capsule, one to two times daily. Men: 1 capsule, one to three times daily, or as recommended by a healthcare practitioner.	Vitamin C (as ascorbic acid), Thiamin (B1) (from thiamin HCl), Riboflavin (Vitamin B2), Niacin (Vitamin B3) (from niacinamide and as niacin), Vitamin B6 (from pyridoxal-5-phosphate), Folate (from (6S)-5-methyltetrahydrofolic acid, acid glucosamine salt), Vitamin B12 (as methylcobalamin), Biotin, Pantothenic acid (from d-calcium pantothenate), DHEA (dehydroepiandrosterone)(micronized)
Provides clinically studied support for healthy blood sugar balance, glucose absorption, carbohydrate metabolism, and healthy A1C 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)

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[†]Supports healthy levels already within the normal range. ^{††}In conjunction with a healthy diet and exercise regimen. [^]Occasional stress or anxiety. [‡]Compared to standard CoQ10.
^{*}These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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