

Metabolism Matrix

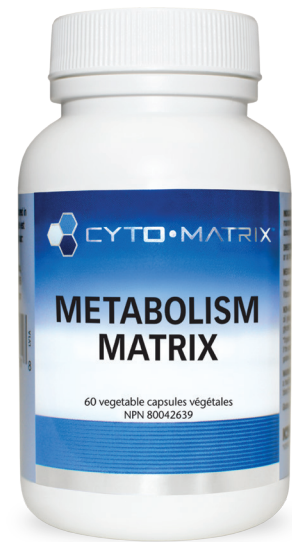
Give your patients' metabolic function a boost. Support blood sugars, cortisol and weight management through a comprehensive, yet gentle, approach.

Each capsule contains:

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| Ashwagandha extract (root, withania somnifera) 5:1 | 200 mg |
| Green tea extract (leaf, camellia sinensis) 50% EGCG, 15% caffeine | 166.7 mg |
| Cassia cinnamon extract (bark, cinnamomum aromaticum) 10:1 | 110 mg |
| Garcinia cambogia extract (rind, garcinia gummi-guta) 60% HCA | 100 mg |
| Green coffee extract (bean, coffea arabica) 45% chlorogenic acid | 100 mg |
| Chromium (chromium polynicotinate) | 50 mcg |

60 Vegetable capsules

Non-GMO, Gluten, soy and dairy free.



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

Key points

- 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

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.

Related products

Adrenal Matrix
Carni-Sorb
Cyto-ALA
DB-Matrix
Thyroid Matrix

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate, hypromellose.

Indications: 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: Adults-Take 1 capsule 3 times per day with food or as directed by a healthcare practitioner.

Contraindications: Do not use if you are pregnant or breastfeeding.

Warnings: Do not use if safety seal is broken. Discontinue use and consult a healthcare practitioner if you experience symptoms of hypoglycaemia (e.g. feeling anxiety, dizziness, tremors, sweating, nausea or headache) or liver trouble (e.g. yellowing of the skin/eyes, jaundice, stomach pain, dark urine, unusual tiredness or loss of appetite). Consult a healthcare practitioner prior to use if you are taking blood sugar or cholesterol lowering medications, or if you have diabetes, iron deficiency or liver disorder. Consumption with alcohol or other medications or natural health products with sedative properties is not recommended.

Known Adverse Reactions: Hypersensitivity/allergy may occur; in which case, discontinue use. Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported (in Canada and internationally).