

## MetaboSet Prime™ an Innovation in Weight Management

*Our goal was to produce a weight management supplement using Patented and proven botanical extracts that provided health benefits beyond weight management. By building on the amazing results of our original MetaboSet Ultra™ formula, our new MetaboSet Prime™ offers the next innovation in weight management on a clinical level.\**

### The Problem

Managing the body's ratio of fat to muscle gets harder with age. Fast lifestyles and fast food are the new normal. High stress, limited exercise and high caloric intake conspire to accelerate weight gain making us fatter and fatter as we get older. Where will it stop? The best way we can impact this is to address the 3 critical steps of weight management:



⇒ *Consistent exercise.*



⇒ *Smart food choices w/ reduced caloric intake.*



⇒ *Smart supplementation and nutritional support.*

Without addressing all of these factors weight gain will continue and your health will deteriorate as you age. Beyond altering your eating habits and exercise, one of the ways to accelerate weight loss and management is thru science driven supplementation that is safe and supports your metabolism. Your Holistic Life has developed a brilliant way to support your goals with MetaboSet Prime™!

### MetaboSet Prime™ The Solution!

Weight management takes more than one or two ingredients for long term success. The Your Holistic Life innovation is a Multi-Nutrient formula with MetaboSet Prime™ using the most advanced patented and branded extracts with clinical references. These extracts address:

1. **Insulin resistance (excess blood sugar).**
2. **Low energy, sluggish mood and slow metabolism.**
3. **Leptin & Adiponectin resistance (excess fat storage & appetite control hormones).**

MetaboSet Prime™ combines four amazing ingredients; patented WellTrim® iG African Mango Seed Extract, Brown Seaweed (a fucoxanthin rich extract), Green Coffee Bean Extract and Greenselect® Green Tea Phytosome™ Green Tea Extract that work synergistically to help break through weight loss barriers.\*



**WEIGHT MANAGEMENT SUPPLEMENT**



## MetaboSet Prime™ supports:

- **Thermogenesis\***
- **Appetite control\***
- **Proper fat metabolism\***
- **Metabolic hormones Leptin and Adiponectin\***
- **Healthy blood sugar levels and reduced cravings\***

**WellTrim® African Mango** (*Irvingia gabonensis*) is a fruit found and grown in West Africa. The extract derived from the seed has been shown to support weight management through appetite suppression and increased metabolic rate.\* It works to support the enzyme glycerol-3-phosphate dehydrogenase which is known to be a major factor in converting glucose to stored fat. It supports the function of Leptin and Adiponectin, which help to reduce the conversion of complex carbs into sugars. Leptin and Adiponectin also support fat burning and hunger management.\* WellTrim® iG is a trademarked and patented extract of *Irvingia gabonensis* that is a clinically proven ingredient that supports multi-functional weight management activity\*.

**Brown Seaweed** contains a carotenoid, fucoxanthin, that may serve as a thermogenic antioxidant, supporting healthy metabolism.\* It appears that fucoxanthin is stored in fat cells and may support normal fat cell differentiation and proliferation.\*

**Green Coffee Bean Extract** contains two important polyphenolic compounds—caffeic and chlorogenic acids. Caffeic acid provides a safe energy boost while being naturally low in caffeine.\* Chlorogenic acid helps to slow the release of glucose into the bloodstream after a meal and reduce the absorption of dietary fat.\* It also works to support the rate of body fat production by supporting favorable changes in the enzyme glucose-6-phosphatase, which in turn balances glucose production in the liver. Green Coffee Bean Extract Green Coffee Bean Extract supports free radical scavenging and supports metabolism in order to burn a higher proportion of lipids to carbohydrates.\*

**Greenselect® Green Tea Phytosome™** has been extensively studied for its antioxidant activity and for weight loss support.\* A 20% increase of the antioxidative capacity was observed in volunteers treated with Greenselect® Phytosome™.\*1 GreenSelect® has also been studied with respect to its effects on body composition, in conjunction with diet and lifestyle changes. In both clinical trials, GreenSelect® exhibited beneficial activity regarding metabolic health markers.\*2,3

### References:

GreenSelect® & Phytosome™ are registered trademarks of Indena S.p.A., Italy

WellTrim® iG is a trademark of Icon Group, LLC. IGOB131® is a trademark of Gateway Health Alliances, Inc. and is protected under U.S. Patent 7,537,790.

1Pietta, P., Simonetti, P., Gardana, C., Brusamolino, A., Morazzoni, P., & Bombardelli, E. (1998). Relationship between rate and extent of catechin absorption and plasma antioxidant status. *Journal of Clinical Pharmacy and Therapeutics*. doi:10.1080/15216549800204442

2Greenselect Phytosome for Borderline Metabolic Syndrome. (n.d.). Retrieved from <http://www.hindawi.com/journals/ecam/2013/869061/>

3Menghi, A. B., Barreca, A., Lucarelli, M., & Calandrelli, A. (0). GreenSelect® Phytosome as an Adjunct to a Low-Calorie Diet for Treatment of Obesity: A Clinical Trial.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

