Medi Metabolic

RN Labs Medi Metabolic is a comprehensive metabolic support formula.

This concentrated nutritional formula provides support during clinical dietary programs to optimise metabolic health, and manage blood glucose and body composition.

BLOOD GLUCOSE MANAGEMENT

BODY COMPOSITION SUPPORT

NUTRITIONALLY COMPLETE

- Rich chocolate taste helps maintain compliance
- Smooth and filling formula supports satiety
- Assists with curbing of cravings
- Supports healthy body composition
- Therapeutic doses for optimal efficacy
- Holistically formulated meal replacement
- Supports healthy blood glucose management
- Provides a source of prebiotic fibre
- Supports healthy detoxification/liver function
- Helps lower inflammation
- Supports energy metabolism
- Approx. 20g protein per 41g serve

GLUTEN FREE · DAIRY FREE · EGG FREE · YEAST FREE · SOY FREE · SUGAR FREE · NO HARSH ADDITIVES · VEGETARIAN

RICE AND PEA PROTEIN

- Vegetarian plant source of protein.
- Specially processed to be smooth and palatable.
- Organic rice (tested for maximum purity from arsenic).
- Canadian grown yellow peas.

ADDITIONAL AMINO ACIDS

- Glycine is a foundational amino acid that provides diverse support for protein metabolism.
- Glycine has calming effects on the nervous system and promotes healthy insulin function.
- Glutamine helps support the preservation of lean muscle mass and reduced post-prandial blood glucose levels.

VITAMINS

- Provides a full clinical dose of activated B Vitamins.
- Provides 5-MTHF form of Folate naturally found in foods, at doses sufficient for therapeutic benefit, but low enough to avoid excessive supplementation in those who do not require large amounts.
- Provides 400 IU of Vitamin D3 per 41 g serve.

FULL SPECTRUM LIVER SUPPORT

- Provides a comprehensive dose of hepatic support nutrients, including Silymarin, Taurine, Activated B Vitamins, Selenium, Molybdenum, Glycine and Glutamine.

GLUCOSE MANAGEMENT

- Inositol to assist lowering blood glucose by improving insulin sensitivity.
- Bilberry, rich in anthocyanins, to help reduce HbA1C levels as well as decrease post-prandial glycaemia and insulin levels.
- Cassia Cinnamon to support healthy carbohydrate metabolism, optimised body mass and improved insulin sensitivity.
- Chromium (at the highest Australian dose of the preferred Nicotinate form) to assist the action of insulin in the body.
- Kfibre® to help lower Glycaemic Index (GI) of dietary carbohydrates, improve satiety and curb cravings during dietary modifications.

MINERALS

- Calcium from Red Algae responsibly balanced with Magnesium for optimal metabolism.
- Full therapeutic dose of balanced and synergistic trace minerals per serve.
- Selenium, Zinc and Chromium to support hormone balance and blood sugar management.

COMPLETE GUT AND DIGESTIVE SUPPORT

- Silymarin extract from St Mary's Thistle to support healthy liver function for optimal detoxification and digestion.
- Prebiotic Kfibre® to increase beneficial gut bacteria strains such as Akkermansia, SCFA production (including Butyric Acid and Proprionic Acid), lowering colonic pH, promoting bowel regularity and elimination.
- Kfibre® has been shown to lower CRP levels.
- Kfibre® is Monash University Low-FODMAP certified.

Medi Metabolic 574 grams	AUST-L: 427275
Each 41g Serve (Approx. 2 Scoops) Contains:	
Oryza sativa (Rice) seed extract dry concentrate	15 g
from dry *Oryza sativa* dry seed	165 g
Pisum sativum (Pea) seed extract dry concentrate	5 g
from dry *Pisum sativum* seed	25 g
Saccharum officinarum stem extract dry conc. (Kfibre®)	2 g
from dry *Saccharum officinarum* stem	4 g
Glutamine	1.5 g
Glycine	2 g
Inositol (Myo-Inositol)	1.25 g
Taurine	500 mg
Choline Bitartrate	100 mg
Ascorbic Acid (Vitamin C)	250 mg
Acetyl Levocarnitine Hydrochloride	200 mg
Thiamine Hydrochloride	21.6 mg
equiv. Thiamine (Vitamin B1)	17 mg
Riboflavin Sodium Phosphate	6.6 mg
equiv. Riboflavin (Vitamin B2)	5 mg
Nicotinamide (Vitamin B3)	50 mg
Calcium Pantothenate	164 mg
equiv. Pantothenic Acid (Vitamin B5)	150 mg
Pyridoxal-5-Phosphate	15.7 mg
equiv. Pyridoxine	10 mg
Levomefolate Glucosamine	357 micrograms
equiv. Levomefolic acid (L-5MTHF)	200 micrograms

Hydroxocobalamin (Vitamin B12)	200 micrograms
Biotin	50 micrograms
Colecalciferol	10 micrograms
equiv. Vitamin D3	400 IU
Calcified Lithothamnion Species (Red Algae)	156 mg
equiv. Calcium	50 mg
Magnesium (from Magnesium Citrate)	50 mg
Zinc (from Zinc Citrate Dihydrate)	15 mg
Manganese (from Manganese Gluconate)	1 mg
Selenium (from Selenomethionine)	50 micrograms
Molybdenum (from Molybdenum Trioxide)	50 micrograms
Iodine (from Potassium Iodide)	50 micrograms
Chromium (from Chromium Nicotinate)	24 micrograms
Cinnamomum cassia stem bark extract dry conc.	300 mg
from dry *Cinnamomum cassia* stem bark	3 g
Vaccinium myrtillus fruit extract dry conc.	250 mg
from dry *Vaccinium myrtillus* (Bilberry) fruit	25 g
Silybum marianum fruit extract dry concentrate	150 mg
stand. to contain Silymarin	120 mg
from dry *Silybum marianum* (Milk Thistle) fruit	10.5 g
Zingiber officinale rhizome extract dry concentrate	135 mg
from dry *Zingiber officinale* (Ginger) rhizome	1.35 g
Excipients: Medium Chain Triglycerides (MCTs from Coconut), Cocoa Powder, Natural Chocolate Flavour, Vanillin, Xanthan Gum, Colloidal Anhydrous Silica, Thaumatin, Maltodextrin (Corn), Vegetable Oil, dl-Alpha-Tocopherol.	
Suitable for vegetarians.	

Nutritional Panel	Serving Size: 41 g (2 scoops)	
	Quantity per 41 g serve	Quantity per 100 g
Energy	667 kJ (159 Cal)	1627 kJ (389 Cal)
Protein	20 g	48.8 g
Fat, Total	2.2 g	5.3 g
- Saturated	0.8 g	1.9 g
Carbohydrate, Total	3.6 g	8.9 g
- Sugars	0.1 g	0.2 g
Fibre	7.2 g	17.6 g
- Soluble	1 g	2.4 g
- Insoluble	6.2 g	15.1 g

Note: Nutritional Panel is not printed on the Medi Metabolic label due to TGA product guidelines (as a natural medicine rather than a food)

IS MEDI METABOLIC VEGAN?

While the rice & pea protein in Medi Metabolic is of a vegan source, the overall product is not strictly vegan due to the Vitamin D3, which is derived from lanolin (sheep's wool) in order to ensure the highest purity of the formula and minimum excipients. All other ingredients in Medi Metabolic are vegan.

WHY DOES THE FORMULA CONTAIN VEGETABLE OIL?

Please note that the Total Fat content of the formula is predominantly delivered via healthy medium chain triglycerides (from coconut) that assist with energy production. Only a minute trace of vegetable oil (micrograms) is included as a necessary carrier of Vitamin D (and therefore does not notably contribute to the overall energy content or fatty acid balance of the formula).

DOES MEDI METABOLIC CONTAIN CARBS/ SUGAR?

While the formula contains fibres derived from sugarcane (Kfibre®), protein derived from rice and traces of corn maltodextrin within certain botanical ingredients, the overall residual quantities of carbohydrates and sugars remain exceedingly low and are not expected to yield a glycaemic impact.

Directions for Use

SUGGESTED USE

Take 41g (approx. 2 scoops) mixed with at least 250ml water once or twice per day, or as directed by a healthcare practitioner.

STATEMENTS & WARNINGS

FOR PRACTITIONER DISPENSING ONLY.

Contains Zinc which may be dangerous if taken in large amounts or for a long period.

This product contains Selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of Selenium from dietary supplements should not be exceeded.

If pregnant, consult your healthcare practitioner before using this product.

Contains therapeutic doses of nutrients.

Ensure appropriate justifications and investigations have been made before exceeding 6 scoops per day (including evaluation of all other supplements taken).

Not intended to replace a balanced diet.

PURE & LOW SENSITIVITY

This product does NOT contain any wheat, gluten, dairy, lactose, egg, yeast, soy, artificial colours, artificial sweeteners, or artificial flavours. This product also does not contain artificial preservatives, stearate lubricants and other commonly detrimental excipients.

IMPORTANCE OF PROTEIN IN REVIEW

Amino acids sufficiency is understood to support whole-body homeostasis. Due to new developments of amino acid biochemistry and nutrition, a paradigm shift in nutrition has now led to recognition of the dietary essentiality of both nutritionally essential as well as nutritionally non-essential amino acids. This is attributable to the numerous biological processes in which they play important roles, including: regulation of gene expression, cell signaling pathways, digestion and absorption of dietary nutrients, DNA and protein synthesis, proteolysis, metabolism of glucose and lipids, endocrine status, male and female fertility, acid–base balance, antioxidant status, detoxification of xenobiotics and endogenous metabolites, neurotransmission and immunity.

Hou, Y, Yin, Y & Wu, G 2015, 'Dietary essentiality of "nutritionally non-essential amino acids" for animals and humans', Experimental Biology and Medicine, vol. 240, no. 8, pp. 997-1007

The Medi Metabolic Jump Start Program

Help your patient on their journey to better health with this dietary guide and workbook.

The Medi Metabolic Jump Start has been designed by the RN Labs expert panel of nutritionists. The program consists of a recommended dietary guide and nutritional shakes to optimise the body's natural metabolic health.

The program is suggested as an introduction or reset to improve long-term nutritional behaviour patterns. It focuses on supporting healthy blood sugar regulation, liver function and intake of metabolic supportive vitamins, mineral, and phytonutrients.

Visit www.fxmed.co.nz/prachub to find an e-copy of the Medi Metabolic Jump Start Patient Guide via the Resources Hub, or you can request a complimentary printed copy with every tub of Medi Metabolic ordered.

Common signs this program might be right for your patient include signs of a sub-optimal metabolism, such as:

- Weight gain or difficulties losing excess weight
- Fatigue
- Sleep disturbance
- Menstrual irregularities
- Digestive problems
- Mood changes
- Increased hunger or appetite
- Imbalanced blood sugar levels
- Imbalanced cholesterol levels
- Brain fog or difficulties concentrating

Medi Metabolic Practitioner Guide

Use Medi Metabolic with your patients to support blood sugar balance, body composition, and metabolic health

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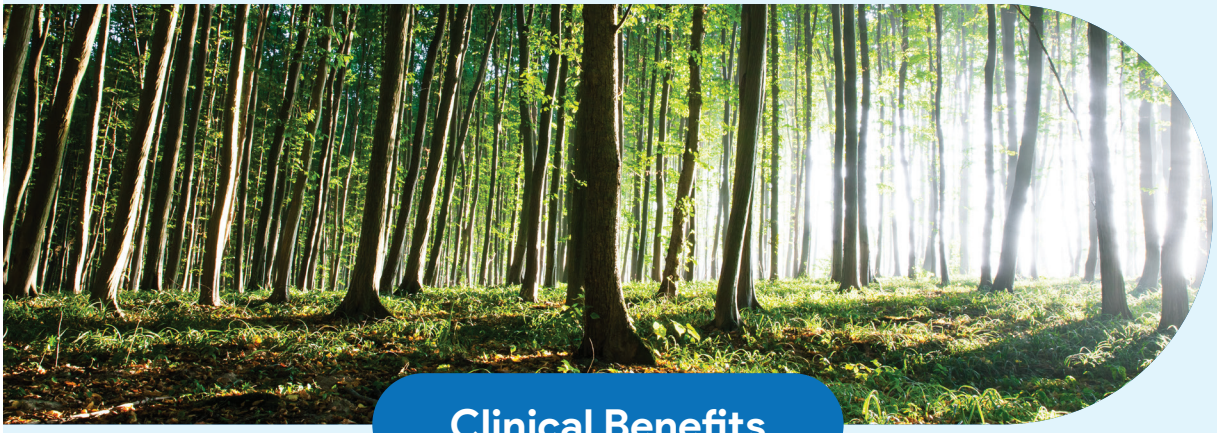
FODMAP-friendly

No gluten, dairy or nuts are utilised in the production of the product



Clinical Benefits

Blood sugar balance – Fibre, clinical dose of Inositol (1000mg/serve), Protein, Bilberry, Cinnamon, Chromium, Ginger and Acetyl-L-Carnitine

Antioxidant support through the inclusion of Bilberry

One serve delivers full therapeutic dose of active B Vitamins

One serve is a full mineral dose

Liver support – St Mary's Thistle, therapeutic dose of Silymarin, Inositol, Choline, Taurine, and Protein

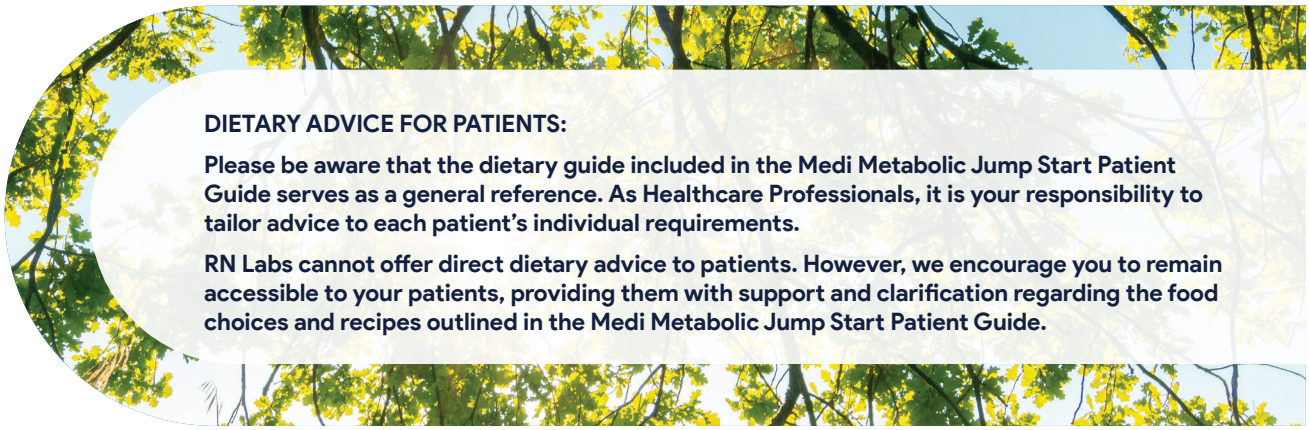
A full serve of complete Protein (20g) from vegan-sourced rice and pea

GI support – Inclusion of Kfibre®, a functional prebiotic fibre produced from sugarcane that maintains the integrity of the phytonutrients in the source plant. The process is chemical-free and produces a product that is high in bioactive compounds as well as fibre.

Enhanced satiety thanks to high amounts of fibre and protein

Who would you recommend Medi Metabolic to?

- Patients with excess adiposity
- Peri-menopausal and menopausal patients
- Andropause patients
- Insulin resistance individuals
- Patients with Metabolic Syndrome
- Patients with Polycystic Ovarian Syndrome (PCOS) or Polycystic Ovaries (PCO)
- To support patients in achieving and maintaining healthy body composition
- Patients who are suffering with liver congestion or fat maldigestion issues



DIETARY ADVICE FOR PATIENTS:

Please be aware that the dietary guide included in the Medi Metabolic Jump Start Patient Guide serves as a general reference. As Healthcare Professionals, it is your responsibility to tailor advice to each patient's individual requirements.

RN Labs cannot offer direct dietary advice to patients. However, we encourage you to remain accessible to your patients, providing them with support and clarification regarding the food choices and recipes outlined in the Medi Metabolic Jump Start Patient Guide.

Potential lab tests to consider when using Medi Metabolic with your patients

- Elevated blood Insulin / Glucose / HbA1c
- Elevated blood lipids (Cholesterol, Triglycerides)
- Elevated inflammation (C-Reactive Protein)
- Elevated liver enzymes
- Body composition (low muscle mass / elevated body fat on body composition testing)

These tests are a guide only and you should use your best clinical judgement based on your patients' presenting symptoms, detailed case history and goals as to what testing (if any), you may wish to utlise for their case.

When to retest

- If you are doing any pathology testing with your patient, it is recommended that you retest 3-4 months after starting the Medi Metabolic Jump Start program. We generally do not recommend testing sooner than this period, in order to be able to capture any clinically relevant results.

Other supplements you can utilise for patients whilst they are on the program

- Berbersorb – RN Labs
- Lipotropex – RN Labs
- Bergastat – RN Labs
- Inositol Powder* – RN Labs
- Thyro Fortify – RN Labs
- ProOmega – Nordic Naturals

*Compound powders can be added to Medi Metabolic

Please note that this is not an extensive list and just a basic guide. An individual approach should always be taken when assessing what your patients' needs are and this should always be based on their individual presenting symptoms and goal outcomes.

Dosage and Timeframe

- One tub of Medi Metabolic is 14 serves
- Just 2 tubs of Medi Metabolic are required for an individual to complete the standard 3-week Medi Metabolic Jump Start Program:
  - Weeks 1 and 3: one serve per day
  - Week 2: two serves per day
- Please see the Medi Metabolic Jump Start Patient Guide for more details. (You can find this at fxmed.co.nz/prachub in the Resources section).
- Medi Metabolic is not limited to the Medi Metabolic Jump Start Program and can be utilised ongoing with patients as a maintenance program.