



# ENERGIZE & METABOLIZE\*

HEALTHY GLUCOSE + METABOLIC SUPPORT\*

## Benefits

- Formulated to support optimal health and physiological function, not just meet recommended minimums for nutrient intakes
- Ingredients selected to be effective in the presence of common obstacles to nutrient absorption and usage, such as suboptimal digestion and genetic polymorphisms
- Includes ingredients not typically found in commercial multivitamin/ minerals to support healthy blood sugar and insulin metabolism
- Select minerals provided in chelated form for superior absorption and bioavailability

## Highlights

- Chromium, R-lipoic acid, biotin, carnosine, taurine: aid in healthy insulin sensitivity, glucose tolerance and carbohydrate metabolism. Lipoic acid, carnosine and taurine are not typically found in vitamin/mineral formulas but they're instrumental for healthy glycemic control, and chromium is included in a higher amount than is commonly provided by over-the-counter supplements.\*
- B vitamins: required for energy production at the cellular level\*; the B vitamins in this formula occur in their active or most potent forms: B12 as methylcobalamin, B6 as pyridoxal-5-phosphate, and folate as a natural folate rather than a synthetic folic acid.
- Selenium, iodine: essential minerals for the production of thyroid hormones, with thyroid function being a key factor in regulating the body's metabolic rate.\*
- Vitamin A, zinc: support immune function and eye health, both of which may be affected by blood glucose levels.\*
- Vitamin E isomers: provided as tocotrienols, which are more powerful antioxidants than the tocopherol forms of vitamin E typically found in multivitamins.
- Additional ingredients: select minerals provided in chelated form for enhanced bioavailability; vitamin C included at higher amounts than customarily found in nutrient formulas.



**Recommended Use:** Take three capsules in AM with a meal and three capsules in PM with a meal or as directed by your health care practitioner.

Warning: Limit alcohol intake when using; Do not take at the same time as Love My Adrenals or adaptogens.

Consult with your health care practitioner about your specific circumstances and any questions you may have about this product. \*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.

