Metabolic Multi-Action Formula

Metabol Complex

Unique combination of Black Cumin, Bitter Melon, Cinnamon and Fenugreek which support metabolic systems in the body*

✓ Standardized Fenugreek to 4-hydroxyisoleucine

✓ Quality-tested formula
Why Use MediHerb® Metabol Complex?

A unique formulation of Black Cumin seed, Fenugreek seed, Cinnamon bark and Bitter Melon to support metabolic systems in the body. These ingredients are traditionally used in Ayurveda to:

- Help support the metabolism of fats and sugars
- Help support normal pancreatic and liver function
- Help relieve occasional indigestion symptoms, including bloating and flatulence
- Support antioxidant activity against free radicals formed in the body during normal metabolism and exposure to environmental factors
- Promote general well-being and vitality*

Additional Support

- **Sweet Cravings** - combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.
- **Digestive Function** - combine with DiGest Forte tablets for additional digestion and intestinal function support.
- **Inflammation** - combine with Turmeric Forte tablets to support a healthy inflammation response.
- **Liver Support** - consider Milk Thistle Forte tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.
- **General Well-being** - combine with HerbaVital tablets to support healthy circulation and general well-being.
- **Circulation** - combine with Garlic Forte tablets to help maintain normal cholesterol levels and support cardiovascular system health.
- **Antioxidant Activity** - combine with Vitanox® tablets for additional antioxidant activity.*

Supplement Facts

| Serving size: | 1 Tablet |
| Servings per container: | 90 |

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
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<tbody>
<tr>
<td>Fenugreek seed 100:1 extract from <em>Trigonella foenum-graecum</em> seed 10 g containing 4-Hydroxyisoleucine 20 mg</td>
<td>100 mg †</td>
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<tr>
<td>Black Cumin seed 5:1 extract from <em>Nigella sativa</em> seed 500 mg</td>
<td>100 mg †</td>
</tr>
<tr>
<td>Bitter Melon fruit 6.5:1 extract from <em>Momordica charantia</em> fruit 600 mg</td>
<td>92.3 mg †</td>
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<tr>
<td>Cinnamon stem bark 12:1 extract from <em>Cinnamomum zeylanicum</em> stem bark 1 g</td>
<td>83.3 mg †</td>
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</tbody>
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† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, croscarmellose sodium, magnesium stearate, hypromellose, dextrin and silicon dioxide.

Suggested Use:

1 tablet 3 times daily, or as directed.

MediHerb® Metabol Complex may benefit patients with:

- **Poor diet** - patients who may have concerns about their diet, energy levels and who may have strong cravings for sugar and processed carbohydrates.
- **Digestive issues** - patients presenting with symptoms of indigestion.
- **Metabolic challenges** - patients should use in conjunction with a healthy diet and exercise for normal metabolism and weight management.
- **Pancreatic and liver support** - patients seeking to support pancreatic and liver function.*
New validation methods for Cinnamon, developed by MediHerb® scientists and herbal experts, ensures the highest quality Cinnamon in MediHerb® products.

Cinnamon is well known to have a very diverse phytochemical profile with a number of species being used traditionally in herbalism and culinary use.1

MediHerb® scientists and herbal experts have spent the past two years developing specific analysis and manufacturing methods to study the diversity and complex chemistry of different Cinnamon species.2 This has led to accurate identification of Cinnamon species.

Quality Assurance of MediHerb® Cinnamon ingredients:

Coumarin levels in some Cinnamon species raise safety concern. Therefore, many countries have set allowable limits for coumarin content in herbal and food products.3 Using scientific testing, MediHerb® discovered Cinnamomum verum (also known as “true Cinnamon”), contains the lowest trace levels of coumarin.2,4

Cinnamon species identification. Prior to these new testing methods and research, it was difficult to accurately identify Cinnamon species. By examining the procyanidin patterns in each Cinnamon species, MediHerb® has been able to clearly authenticate and identify each Cinnamon species by its unique phytochemical fingerprint.2 Continuing to lead in herbal research and quality, MediHerb® has enhanced its Cinnamon identification to ensure Cinnamomum verum is now the only species used in MediHerb® products.

Cinnamomum verum is the only species naturally low in coumarin. MediHerb® research confirmed that Cinnamomum verum is the only known species of Cinnamon that is naturally low in coumarin.5 Cinnamomum verum not only has naturally low coumarin levels, but also has demonstrated the same key benefits as other cinnamon species.

- Raw materials are not always the species they claim to be
- The quantity of procyanidins, which are therapeutically important constituents, varies across species
- Coumarin, a constituent with safety concerns, is naturally lowest in Cinnamomum verum
- The production of low-coumarin extracts from other species may compromise overall quality

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Liver Support

To support healthy liver function

MediHerb® Milk Thistle Forte
1 tablet 2-3 times daily, or as directed.

Antioxidant Activity

For additional antioxidant activity

MediHerb® Vitanox®
1 tablet 1-2 times daily, or as directed.

Metabolic Support

To help suppress normal cravings for sugar in the diet

MediHerb® Gymnema
1 tablet 1-2 times daily, or as directed.

MediHerb® Metabol Complex

Metabolic Multi-Action Formula
1 tablet 3 times daily, or as directed.

MediHerb® HerbaVital
1 tablet 2-4 times daily, or as directed.

MediHerb® Garlic Forte
1 tablet 1-2 times daily, or as directed.

MediHerb® DiGest Forte
1 tablet 3 times daily, or as directed.

Complementary Products for better patient outcomes:

Research continues to link the typical American diet with unhealthy outcomes. Many patients are accustomed to the typical American diet and eating large amounts of sugar and carbohydrates, which have a significant impact on blood sugar and overall metabolic health. Approximately 48% of Americans report drinking soda every day. Patients may not realize that many processed foods are high in sugar, fat, and salt - designed for ultimate taste not nutrition. Cravings for sugar and processed foods make it difficult for these patients to stick to a healthy diet, and they often become overweight. As a health care professional, recommendations on diet and lifestyle changes along with supporting supplementation for a healthy metabolism are extremely important to help educate these patients.

Inflammation Support

To support a healthy inflammation response

MediHerb® Turmeric Forte
1 tablet 1-2 times daily, or as directed.

Circulation Support

To support healthy blood circulation

MediHerb® Metabol Complex
1 tablet 2-4 times daily, or as directed.

Cardiovascular Support

To support cardiovascular health

MediHerb® Garlic Forte
1 tablet 1-2 times daily, or as directed.

Digestive Support

Used traditionally to support healthy digestion and intestinal function

MediHerb® DiGest Forte
1 tablet 3 times daily, or as directed.

MediHerb® Metabol Complex can be prescribed with other MediHerb® products to support healthy metabolism.*

Each patient’s individual needs should be evaluated before making recommendations.
In traditional systems of health around the globe, including Ayurveda, Chinese medicine and Western herbalism, supporting good health by preventing metabolic imbalances with the use of herbs and spices has been applied for thousands of years.

**Black Cumin** seed, **Fenugreek** seed, **Cinnamon** bark and **Bitter Melon** have been specifically chosen for their pungent, bitter, warming and penetrating qualities, which provide a balancing effect to the over-sweet, fatty and heavy Western diet that slows down digestion and normal metabolic processes. This includes refined sugars and processed foods such as white bread, pasta, biscuits, fried food, thick shakes, ice cream and soft drinks. Maintaining good “digestive fire” - which is the body’s ability to catabolize and metabolize carbohydrates, protein, fats and nutrients from food - is crucial to maintaining good metabolic health.1

The pungent and bitter qualities of the herbs and spices used in MediHerb® Metabol Complex are like kindling for the digestive fire, supporting the metabolism of fats and sugars and providing a much needed boost to overall health. These herbs and spices also provide plant constituents, which can offer tonifying effects on digestive organs such as the liver and pancreas, as used by traditional health systems.1

### Traditional Use of Herbs

**Black Cumin Seed (Nigella sativa)**

Often referred to as the “seed of blessing”, it has been used for centuries as a spice and remedy. Black Cumin is traditionally used to help the liver metabolize fat, and as an effective carminative on the intestines, providing relief of mild bloating and flatulence.

**Fenugreek Seed (Trigonella foenum-graecum)**

The whole seed has a range of constituents including 4-hydroxyisoleucine, which is known to support macronutrient metabolism. Fenugreek seed has a long history of use as a culinary spice in many cultures and is used in Ayurvedic tradition to support nourishment of the pancreas with its pungent and penetrating quality in clearing metabolic waste.

**Bitter Melon Fruit (Momordica charantia)**

Bitter Melon is used in Ayurveda to enkindle the digestive fire and clear metabolic accumulations due to its bitter and pungent energy. Traditionally used to support normal pancreatic function, and the body’s ability to metabolize fats and sugars efficiently.

**Cinnamon Bark (Cinnamomum verum)**

In Western and Ayurvedic herbal traditions, Cinnamon is known to help generate heat and relieve symptoms of cold, sluggish indigestion as well as promoting vitality.
The Quality Choice for Practitioners

Over 30 years of experience in natural health

For over 30 years, MediHerb® has provided health care professionals with high-quality herbal products. Primary research, clinical experience and respect for traditional evidence defines the MediHerb® approach to innovation – tried, tested, trusted and true.

Manufactured to pharmaceutical GMP standards

All MediHerb® products are manufactured under pharmaceutical GMP and subject to our rigorous and specialized testing to ensure they contain what is on the label for suitable clinical results, batch after batch. We’ve invested in our own state-of-the-art laboratories featuring the latest technological equipment for precision, accuracy and quality control. Our testing occurs at various stages of production and follows strict criteria, so you can be sure every MediHerb® product is of the highest quality and consistent potency.

Results-driven formulations

Standardized ingredients and quantified activity levels are tested where relevant and allow us to ensure MediHerb® formulas retain potency and deliver suitable doses throughout their shelf life. Our labels state exactly how much each product contains of the important plant constituents, so you know exactly what you are prescribing to your patients and can rest assured that our formulations are produced at suitable doses.

*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.