

Metabotrim®

CHROMIUM, VITAMIN B₆ COMPLEX



Positioning Statement

Metabotrim® provides essential vitamins and minerals for the normal conversion of food to usable energy.*

Concept

Metabotrim® provides essential B-vitamins, L-carnitine, and chromium chelate. Chromium is important for normal insulin function, which helps regulate carbohydrate, fat, and protein metabolism. L-carnitine shuttles long-chain fatty acids into the mitochondria where they can be burned to provide energy important for the oxidation (breakdown) of fat and for fat metabolism. Niacin (vitamin B₃) is involved in fatty acid synthesis. While Metabotrim® does not “burn” existing fat, it does help metabolize fat, as it includes high levels of many ingredients known to be involved in fat synthesis. This product works best when used in conjunction with a fitness plan, specifically aerobic activity.*

Primary Benefits

- Includes essential vitamins and minerals to promote normal function of bodily processes*
- Contains L-carnitine, which plays an important role in fat metabolism, thereby promoting energy production*
- Chromium picolinate is a trace element for normal insulin function and promotes normal conversion of macromolecules into energy*
- Contains the B-vitamins (B₃, B₆, and B₁₂) that are involved in fat and carbohydrate metabolism*

What Makes This Product Unique?

- Scientifically proven to be safe and effective.*

Who Should Use This Product?

As a dietary supplement, Metabotrim® is intended for adults currently trying to lose weight or using the TRA™ weight management system.*

Did You Know?

- B-vitamins are cofactors in hundreds of different metabolic processes*
- Chromium was discovered in 1797
- B-vitamins were so named because early researchers thought they were amino acids (“vital amines”)

Frequently Asked Questions

What is the role of the B-vitamins in Metabotrim®?

B-vitamins (niacin, vitamins B₆, and B₁₂) are essential cofactors (coenzymes) in hundreds of different metabolic processes that occur in the mitochondria of the cell where glucose, fatty acids, and amino acids from food are converted into usable forms of energy.*

What is the role of chromium in Metabotrim®?

Chromium is an essential mineral and plays a vital role in normal insulin function. In general, insulin acts to maintain healthy extracellular (including blood plasma) levels of glucose. In adipose (fatty) tissue, it facilitates the absorption of glucose and its subsequent conversion to fatty acids and it inhibits the breakdown of fatty acids to simpler compounds. In muscle, it facilitates the transport of glucose into cells and its conversion to glycogen. Chromium also increases protein synthesis in muscle. In the liver, insulin facilitates glucose metabolism and its conversion to glycogen and inhibits its synthesis from simpler compounds.

Will Metabotrim® “burn” existing fat?

No, this product will not burn fat. The best way to burn body fat is through regular aerobic exercise for 30 minutes or more at a time.

Metabotrim®

Key Scientific Studies

1. Frauchiger MT, Wenk C, Colombani PC. Effects of acute chromium supplementation on postprandial metabolism in healthy young men. *J Am Coll Nutr*, 2004 Aug; 23(4):351–7.
2. Chowdhury S, Pandit K, Roychowdury P, Bhattacharya B. Role of chromium in human metabolism, with special reference to type 2 diabetes. *J Assoc Physicians India*, 2003 Jul; 51:701–5.
3. [No authors listed]. A scientific review: the role of chromium in insulin resistance. *Diabetes Educ*, 2004; Suppl:2–14. Review.
4. Wutzke KD, Lorenz H. The effect of L-carnitine on fat oxidation, protein turnover, and body composition in slightly overweight subjects. *Metabolism*, 2004 Aug; 53(8):1002–6.
5. Alesci S, De Martino MU, Kino T, Ilias I. L-Carnitine is a modulator of the glucocorticoid receptor alpha. *Ann N Y Acad Sci*, 2004 Jun; 1024:147–52. Review.

Supplement Facts

Serving Size One Capsule

Amount Per Serving		%Daily Value*
Vitamin C (as Calcium Ascorbate)	75 mg	125%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B ₆ (as Pyridoxine Hydrochloride, Pyridoxal-5-Phosphate)	3 mg	150%
Vitamin B ₁₂ (as Cyanocobalamin, Dibenzozide)	6 mcg	100%
Magnesium (as Magnesium Aspartate, Magnesium Citrate, Magnesium Chelate)	20 mg	5%
Chromium (as Chromium Chelate)	100 mcg	83%
Potassium (as Potassium Aspartate, Potassium Citrate)	20 mg	<1%
Carnitine (as L-Carnitine L-Tartrate)	100 mg	*
	100 mg	*

*Daily Value not established.

Other Ingredients: Maltodextrin, Gelatin, Magnesium Stearate, Silicon Dioxide, Magnesium Silicate, Vanillin.

Directions for Use

Take one (1) capsule with eight (8) ounces of liquid with your morning and evening meals. Store in a cool, dry place.

Warnings

Keep out of reach of children. If you are pregnant or lactating, taking a prescription medication, or have a known medical condition, you should consult with a physician before taking any supplement.