

# UltraMeal® PLUS 360° Medical Food Program

**Shown to more effectively  
address CVD risk factors than a  
low-glycemic-load dietary plan  
and exercise alone**



## The results are in:

*In a recently completed 12-week, open-labeled, randomized, 2-arm study of 44 subjects fulfilling 3 or more metabolic syndrome criteria, individuals who participated in the UltraMeal® PLUS 360° Medical Food Program were shown to have:<sup>1</sup>*

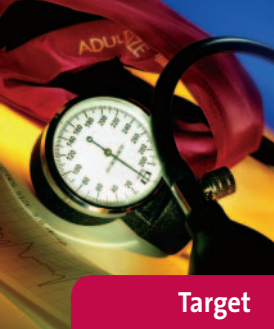
- ▶ Statistically greater reductions in lipid parameters
  - Fasting serum cholesterol
  - Triglycerides
  - Cholesterol/HDL ratio
  - Triglyceride/HDL ratio
- ▶ Significant increase in HDL (“good”) cholesterol
- ▶ Persistent lowering effects on apoB and apoB/apoA1 ratio
  - ApoB may be a better indicator of CVD risk than total cholesterol or LDL
  - ApoB/apoA1 ratio is a newly recognized, increasingly significant indicator of CVD risk

1. Lerman RH, Minich DM, Darland G, Lamb JJ, Schiltz B, Babish JG, Bland JS, Tripp ML. Specific phytochemical supplementation increases effectiveness of a modified Mediterranean-style low glycemic load diet in subjects with metabolic syndrome. Submitted for publication.

**Table 1. UltraMeal® PLUS 360° Program vs. Low-GL Diet Plan & Exercise**  
Summary of Lab Value Changes

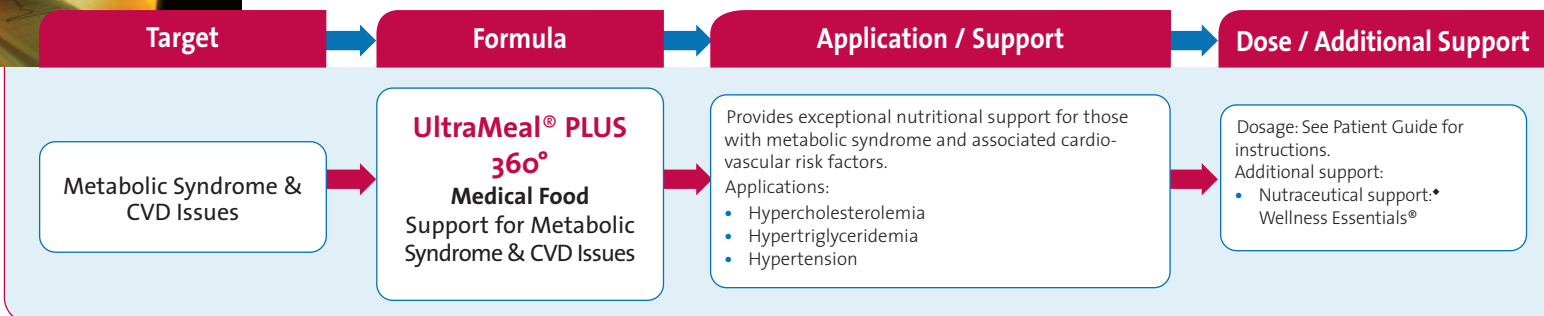
Measurement	Arm 1: UltraMeal® PLUS 360° Ingredients with Mediterranean-style, Low Glycemic Diet Plan & Exercise	% Change	Arm 2: Mediterranean-style, Low Glycemic Diet Plan & Exercise Only	% Change
<b>Total Cholesterol</b> (mg/dL)	<b>-36.74*</b>	<b>-13.8%</b>	-16.33*	<b>-5.7%</b>
<b>Triglycerides</b> (mg/dL)	<b>-89.39*</b>	<b>-29.7%</b>	-30.89	<b>-8.6%</b>
HDL-C (mg/dL)	+2.65*	<b>+8.2%</b>	1.06	<b>+3.7%</b>
LDL-C (mg/dL)	-28.38*	<b>-14.8%</b>	-15.06*	<b>-7.2%</b>
<b>TChol/HDL-C</b>	<b>-1.35*</b>	<b>-18.6%</b>	-.61*	<b>-8.7%</b>
TG/HDL	-3.01*	<b>-32.8%</b>	-1.01	<b>-10.9%</b>
ApoA1	-4.00	<b>-1.2%</b>	-8.44	<b>-3.7%</b>
ApoB	-25.70*	<b>-15.5%</b>	-15.06*	<b>-9.5%</b>
<b>ApoB/ApoA1</b>	<b>-.12*</b>	<b>-12.9%</b>	-.05*	<b>-5.5%</b>

\*These results are statistically significant.

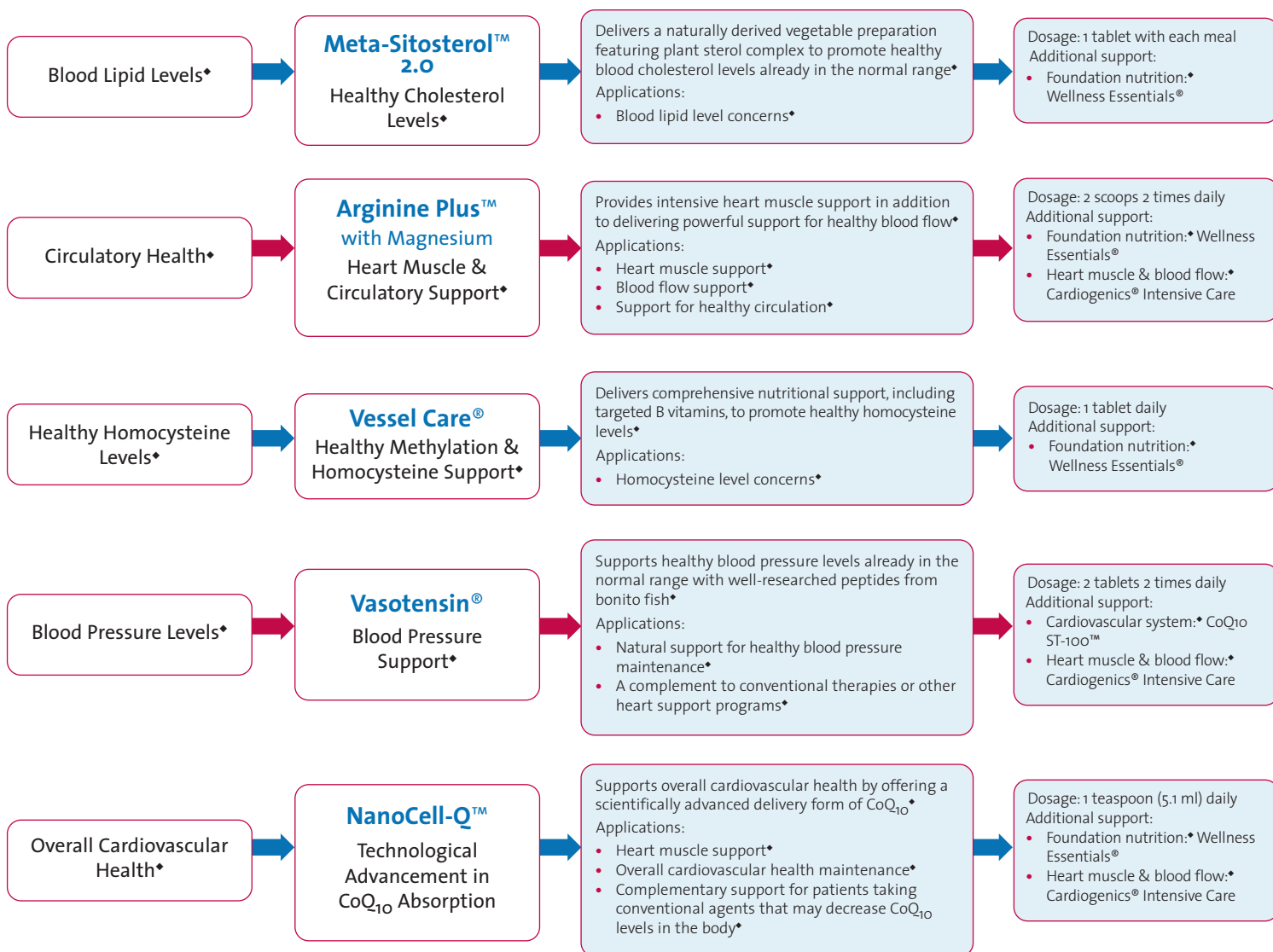


# Natural approaches to cardiovascular health\* from Metagenics.

Which should you choose for your patients?



## Nutraceutical Support



For more information visit us online at [www.metagenics.com](http://www.metagenics.com) or contact your Metagenics representative.

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



TGA THERAPEUTIC GOODS ADMINISTRATION



These certifications for Good Manufacturing Practices demonstrate the Metagenics commitment to purity and quality.

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MET1319 6/06 Rev 5/08

# Nutritional Strategies for **Cardiovascular Health**



## Addressing the **#1 health concern**

According to the National Institutes of Health (NIH), cardiovascular health is the leading health concern for both men and women in the United States. Therefore, it's important for healthcare providers to continually educate their patients on how to incorporate "heart smart" choices into their day-to-day activities to help maintain cardiovascular health for a lifetime.

## Your guide to **specialized cardiovascular support**

In this clinical guide, you'll find product descriptions, recommendations, and a quick reference tool explaining how to support various aspects of cardiovascular health:♦

- Heart & circulatory function
- Blood lipid concentration
- Blood pressure levels
- Blood vessel health
- Heart muscle strength

## Metagenics' commitment to **clinical excellence**

Metagenics is dedicated to providing premium quality nutraceuticals and medical foods that represent the forefront of natural health science. This commitment is reflected in our use of extensive scientific evaluations and NPA, NSF, and TGA GMP-certified manufacturing.

Safety  
Research  
Efficacy

# Nutritional support for **healthy cardiovascular function**

## Metabolic Syndrome & Cardiovascular Disease Issues

### UltraMeal® PLUS 360° Medical Food Program

Nutritional Support for the Management of Conditions Associated with Metabolic Syndrome and Cardiovascular Disease (CVD)

- Hypercholesterolemia
- Hypertriglyceridemia
- Hypertension

UltraMeal® PLUS 360° is the next generation, clinically tested medical food program that incorporates diet, exercise, and healthy lifestyle choices. This advanced formula features selective kinase response modulators (SKRMs)—reduced iso-alpha acids (RIAA) and acacia—designed to improve fasting insulin and lipid parameters.\*

A satisfying high-protein/low-glycemic-index meal option, UltraMeal® PLUS 360° Medical Food provides a multimechanistic approach to ensure targeted nutrition in the form of a convenient and delicious shake. This formula features:

- Fifteen grams of soy protein per serving from PharmaSoy®, a technologically advanced nutritional blend of superior soy protein, isoflavones, and dairy-free calcium.
- Two grams of plant sterols per serving. The NIH recommends consumption of two grams of plant sterols per day. Plant sterols consumed two times daily as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.
- L-5-methyl tetrahydrofolate (L-5-MTHF)—a body-ready, nature-identical folate—to promote healthy homocysteine levels and cardiovascular health.
- Only 150 calories per serving.
- A full complement of vitamins and minerals, including dairy-free calcium and chromium.
- An easy-to-follow Patient Guide for complete program guidelines.
- Delicious flavors: **Natural Vanilla**, **Dutch Chocolate**, and **Strawberry Supreme**.



#### RIAA/Acacia Blend Demonstrated Effective in Human Clinical Study

Many prevalent health issues—including those related to insulin function—have been found to have specific underlying kinase signaling components. UltraMeal® PLUS 360° incorporates SKRMs—developed through the ExpressSyn® Process using cell proteomic and human clinical research—to help modulate kinase signaling in favor of good health.\*

#### Patient benefits:

- **NEW!** Proprietary formula features SKRMs—as RIAA and acacia—clinically shown in a preliminary study at the FMRC\* to improve fasting insulin and lipid parameters
- Comes with easy-to-follow instructions

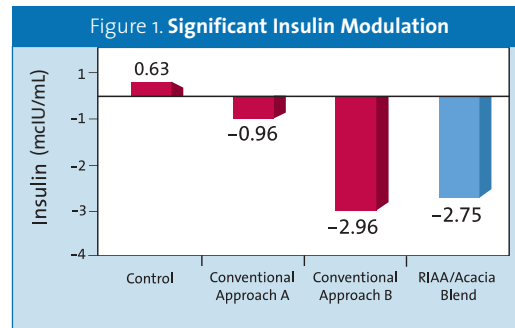
#### Recommended use:

- Metabolic syndrome with CVD issues

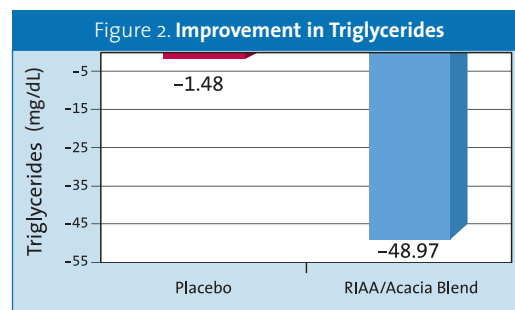
\*FMRC (Functional Medicine Research Center™) is the clinical research arm of Metagenics.

\*\*Lerman RH, Tripp ML, Bland JS. Double-blind, placebo-controlled trial examining the effects of RIAA/acacia supplementation on insulin homeostasis. Functional Medicine Research Center, the clinical research arm of Metagenics, Inc., Gig Harbor, WA. [Unpublished research]

**NOTE:** UltraMeal® PLUS 360° is not recommended for individuals taking anticoagulant medications. UltraMeal® PLUS Medical Food may be an excellent alternative for these patients.



In a mouse model,\*\* the RIAA/acacia blend was comparable to leading conventional approaches.\*



In an 8-week, double-blind, placebo-controlled study of 91 patients,\*\* the RIAA/acacia blend was found to support a healthy insulin response and healthy triglyceride levels.\*

## Cholesterol Levels

### Meta-Sitosterol™ 2.0

#### Natural Cholesterol Support\*

Meta-Sitosterol is a naturally derived vegetable preparation featuring a plant sterol complex for support of healthy blood lipid levels.\*



#### Patient benefits:

- The NIH and the FDA recommend a healthy diet, along with the consumption of 2 grams of plant sterols daily, to promote cardiovascular health
- Provides L-5-MTHF—a body-ready form of folate—to support healthy homocysteine levels and cardiovascular health\*
- Helps to maintain healthy blood lipid levels already within normal range\*

#### Recommended uses:

- Cholesterol concerns\*

**One Tablet Supplies:** Folate (as L-5-methyl tetrahydrofolate<sup>†</sup>) 267 mcg, Beta-Sitosterol 333 mg, Campesterol 167 mg, Stigmasterol 92 mg, other Plant Sterols 117 mg.

**Ingredients:** Plant sterol complex (soy), microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid, silica, and L-5 methyl tetrahydrofolate. Contains: soy.

**Recommendations:** One tablet with each meal.

**Form:** 90 Tablet Bottle (Vegetarian)

<sup>†</sup>As Metafolin®, U.S. Patent Nos. 5,997,915; 6,254,904.

## Heart Muscle & Circulatory Function

### Arginine Plus™ with Magnesium

#### Healthy Heart Muscle & Circulatory Function\*

Arginine Plus with Magnesium offers powerful, unique support for healthy heart muscle function, healthy circulation, and healthy blood flow—all in one formula.\*



#### Patient benefits:

- Features L-arginine, which may support healthy blood flow throughout the body\*
- Magnesium supports healthy muscle contraction and relaxation\*
- Adequate magnesium status may be associated with healthy heart rhythms, and the American diet is often deficient in magnesium\*
- Provides L-5-MTHF—a body-ready form of folate—to support healthy homocysteine levels and cardiovascular health\*
- Delivers 2 forms of folate to better ensure improved folate nutrition—even in those with genetic variations in folate metabolism\*

#### Recommended uses:

- Healthy heart muscle support\*
- Healthy blood flow support\*
- Healthy circulatory function support\*

**Two Scoops Supply:** Calories 80, Total Carbs 17 g, Sugar Alcohol 2 g, Folate (as folic acid and L-5-methyl tetrahydrofolate<sup>†</sup>) 400 mcg, Magnesium (as magnesium citrate) 200 mg, L-Arginine 3,000 mg, L-Glycine 40 mg.

**Other Ingredients:** Fructose, citric acid, sorbitol, natural flavors, silica, xanthan, carrageenan, cellulose gum, guar gum, annatto (color).

**Recommendations:** Two scoops (23 g) with 6-8 oz of water daily.

**Form:** 23 oz (644 g) Powder Container

<sup>†</sup>As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

## Homocysteine Levels

### Vessel Care®

#### Methylation & Homocysteine Level Support\*

Vessel Care provides comprehensive nutritional support for methylation and homocysteine levels—factors important to maintaining blood vessel health and function.\*



#### Patient benefits:

- Features L-5-MTHF and folic acid combined with vitamins B<sub>6</sub> and B<sub>12</sub>, which may support blood concentrations of SAME—a factor in homocysteine metabolism\*
- Supplies intrinsic factor to promote absorption of vitamin B<sub>12</sub>\*

#### Recommended uses:

- Homocysteine level concerns\*
- Blood vessel support\*
- Methylation support\*

**One Tablet Supplies:** Riboflavin 5 mg, Vitamin B<sub>6</sub> (as pyridoxine HCl) 25 mg, Folate (as folic acid and L-5-methyl tetrahydrofolate<sup>†</sup>) 800 mcg, Vitamin B<sub>12</sub> (as cyanocobalamin) 500 mcg, Zinc (as zinc glycinate) 5 mg, Trimethylglycine (as betaine anhydrous) 500 mg, Choline (as choline bitartrate) 100 mg, Intrinsic Factor 20 mg.

**Other Ingredients:** Microcrystalline cellulose, cellulose, calcium silicate, stearic acid, croscarmellose sodium, magnesium stearate, and coating (deionized water, hypromellose, maltodextrin, and polyethylene glycol).

**Recommendations:** One tablet daily.

**Form:** 60 Tablet Bottle

<sup>†</sup>As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

## Blood Pressure

### Vasotensin®

#### Natural Blood Pressure Support♦

Vasotensin provides bonito fish peptides to support healthy blood pressure levels by helping to reduce the formation of angiotensin II. This may help support healthy vascular function and blood flow.\*



#### Patient benefits:

- Designed to be a fast-acting formula with an excellent safety profile
- Just four tablets daily provide a clinically effective dosage of bonito peptides to help maintain blood pressure levels already within normal range\*
- May be used to complement other heart support programs:♦
  - Conventional therapies
  - Medical foods
  - Nutritional supplements

#### Recommended uses:

- Natural support for healthy blood pressure maintenance\*
- A complement to conventional therapies or other heart support programs\*

**Two Tablets Supply:** Fish Protein Powder (from *Sarda orientalis*<sup>1</sup>) 750 mg.

**Other Ingredients:** Microcrystalline cellulose, cellulose, stearic acid, silica, croscarmellose sodium, and magnesium stearate. Contains: fish (bonito).

**Recommendations:** Two tablets two times daily with food.

**Form:** 120 Tablet Bottle

<sup>†</sup>U.S. Patent Nos. 5,314,807; 5,369,015.

## Heart Muscle & Overall Cardiovascular Health

### NanoCell-Q™

#### Technological Advancement in CoQ<sub>10</sub> Absorption♦

NanoCell-Q features a scientifically advanced delivery form of coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>)—with 1,000 times smaller molecules than other micelle technology formulas—which may deliver the active ingredient closer to cell membranes. CoQ<sub>10</sub> is a vital heart muscle nutrient that is important to overall cardiovascular health and function.\*



#### Patient benefits:

- Promotes cardiac and skeletal muscle health\*
- Supports energetics at the cellular level and helps protect against oxidative stress\*
- Helps replenish CoQ<sub>10</sub> levels, which are known to decline with age\*
- Complements conventional treatments, which may deplete CoQ<sub>10</sub> levels\*

#### Recommended uses:

- Heart muscle function support\*
- Overall cardiovascular health maintenance\*
- Complementary support for patients on conventional agents that may lower CoQ<sub>10</sub> levels\*

**One Teaspoon (5.1 ml) Supplies:** Coenzyme Q<sub>10</sub> (Ubiquinone) 80 mg.

**Other Ingredients:** Water, fructose, polysorbate 60, sorbitan mono-oleate, polysorbate 80, propylene glycol, vegetable oil, sodium citrate, citric acid, potassium sorbate (preservative), sodium benzoate (preservative), and natural orange flavor.

**Recommendations:** One teaspoon daily.

**Form:** 5 fl. oz. (153 ml) Bottle

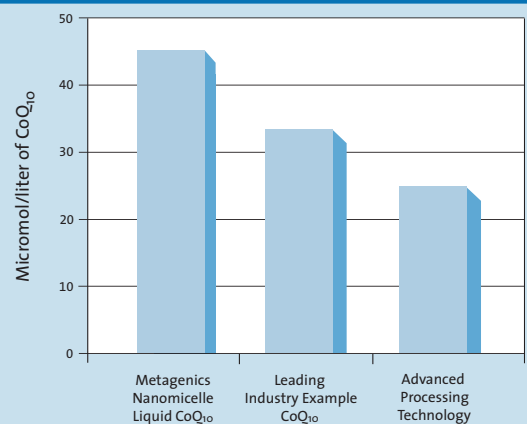
The nanomicelle preparation of CoQ<sub>10</sub> showed 25%–50% greater bioavailability than the industry example form in a preliminary study.\*

\*Functional Medicine Research Center. 2006. Manuscript in preparation.

### Did you know?

- Popular cholesterol-lowering agents have been linked to low coenzyme Q<sub>10</sub> levels
- Coenzyme Q<sub>10</sub> supplements are recommended by many health experts to help maintain heart muscle health
- Coenzyme Q<sub>10</sub> levels typically decline after age 20
- Coenzyme Q<sub>10</sub> plays a key role in every cell of the body, assisting cellular energy production, heart muscle function, and much more
- **The nanomicelle technology preparation showed greater bioavailability when compared to an industry standard CoQ<sub>10</sub> formula (See Figure 3)**

Figure 3. Total CoQ<sub>10</sub> Plasma Absorption at 4 Weeks



♦ These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, or prevent any disease.