

Nutritional Strategies for **Men's Health**♦



Men's common health challenges♦

Many of your male patients may be challenged with low energy, mild memory changes, and low libido. While your patients may view these challenges as part of the natural aging process, they may be brought on by subtle changes in hormone balance, cardiovascular health, and stress levels. Fortunately, these health concerns can be effectively addressed with healthy lifestyle choices including targeted nutritional support for men's health.♦

Easy-to-use nutritional support♦

Metagenics offers a comprehensive line of men's health formulas to help your patients enjoy a long life of health.♦

Metagenics' commitment to excellence

Metagenics is dedicated to providing science-based, premium quality nutraceuticals and medical foods that represent the forefront of natural health science. This commitment is reflected in our use of cutting-edge genetic, cellular, and clinical testing procedures and NPA, NSF, and TGA GMP-certified facilities for production of high quality formulations.

Safety
Research
Efficacy

Nutritional support for **good health, vitality & sexual function***

Health & Wellness

Wellness Essentials™ for Men

Foundation for Vitality & Stamina*

Wellness Essentials for Men, delivered in easy-to-use packets, is designed to support overall health with a focus on enhancing vitality and energy. Men in their early 30s and beyond—including those with high or low levels of physical activity and daily stressors—will feel the Wellness Essentials difference.*



Patient benefits:

- Guarantees daily intake of essential vitamins, minerals, and omega-3 fatty acids*
- Helps support energy, sexual function, and reproductive health*
- Supports a healthy stress response and a positive mood*
- Supports immune, cardiovascular, nervous system, and prostate health*

Recommended uses:

- Stress management support*
- Energy and vitality support*
- Sexual function support*

4 Supplements in 2 Convenient Packets:

Multigenics® Intensive Care Formula without Iron

- Features a body-ready folate blend to support healthy homocysteine metabolism*
- Provides high potency, ratio-balanced B vitamins to support energy levels*
- Supplies antioxidants in ratios found in plants, including mixed carotenoids and vitamin E*

Tribulus Synergy®

- Supports healthy sexual drive and function*
- Encourages a healthy stress response*

Zinc A.G.™

- Supports healthy immune and prostate function*
- Supports energy metabolism, bone mineralization, and tissue synthesis*
- Features proprietary, patented chelates designed for enhanced absorption

EPA-DHA Extra Strength® Lemon-Flavored

- Helps to support a healthy mood, as well as immune and nervous system function*
- Helps to maintain healthy triglyceride levels*
- Promotes a healthy balance of essential fatty acids to promote overall health*

Recommendations: One A.M. packet in the morning and one P.M. packet in the afternoon or evening.

Form: 60 Packet Container (30 A.M. Packets and 30 P.M. Packets).



Sexual Function

Tribulus Synergy®

Libido & Sexual Function Support*

Tribulus Synergy is a premium men's formula providing herbs traditionally used to support libido, sexual function, and the response to stress. By combining traditionally used tribulus, ashwagandha, and cowage, this formula may provide a special boost for aging men.*



Patient benefits:

- Supports healthy sexual drive with tribulus fruit, an herb widely used to evoke a healthy male response*
- Promotes male vitality and a healthy libido with tribulus, cowage, and ashwagandha—a male tonic referred to as Indian ginseng*
- Provides ashwagandha and cowage, herbs traditionally used to encourage a healthy stress response*
- Provides herbs traditionally used as aphrodisiacs (cowage, tribulus, and ashwagandha) to support sexual vigor*

Recommended uses:

- Libido concerns*
- Sexual function support*
- Stress response support*

Two tablets supply: Tribulus Fruit 10:1 Extract (*Tribulus terrestris*) 500 mg, Ashwagandha Root 5:1 Extract (*Withania somnifera*) 400 mg, Cowage Seed 10:1 Extract (*Mucuna pruriens*) 100 mg

Recommendations: Two tablets two times daily.

Form: 60 Tablet Bottle (Vegetarian)

CAUTION: If taking medication containing levodopa, use with caution.

Cardiovascular Health

Arginine Plus™ with Magnesium

Natural Support for Cardiovascular Health♦



Supplemental arginine has been associated with a wide range of health benefits.♦

Arginine Plus with Magnesium offers enhanced levels of L-arginine, magnesium, and ActiFolate®—a source of bioactive folates—in one easy-to-use, powdered formula.

Patient benefits:

- Arginine may support healthy blood flow♦
- Research suggests that arginine may play a role in growth hormone metabolism♦
- Magnesium supports healthy muscle contraction and relaxation♦
- ActiFolate promotes healthy homocysteine metabolism♦

Recommended uses:

- Healthy blood flow support♦
- Growth hormone metabolism support♦

Two scoops supply: L-arginine 3,000 mg, L-Glycine 40 mg, Magnesium (as magnesium citrate) 200 mg, ActiFolate (folic acid, L-5-methyl tetrahydrofolate[†], 5-formyl tetrahydrofolate) 400 mcg

Recommendations: Two scoops (23 grams) with 6-8 ounces of water daily.

Form: 22.5 oz (644 g) Bottle (28 servings)

[†]As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

Hormone Boost

BioSöm®

Liposomal DHEA for Men's Well-Being♦



DHEA (dehydroepiandrosterone) levels are highest in men during their early 20s and gradually decrease during the next five to six decades. This age-related hormone decline has been associated with changes in body composition, sexual function, energy, and overall health.♦

BioSöm provides DHEA encapsulated in liposomes—microscopic, multi-layered spheres delivered via a pleasant-tasting spray. The patented[†] LipoCeutical Technology® promotes sustained delivery in the bloodstream and offers great dosing flexibility.♦

Patient benefits:

- May promote healthy DHEA and DHEA sulfate levels associated with healthy adrenal function♦
- DHEA may modulate the metabolism of androgens which can influence body composition, fat distribution, sexual function, and energy♦
- May support a healthy mood and sense of well-being♦
- DHEA may play multiple roles in overall health♦
- May promote better compliance in those who prefer not to swallow tablets or capsules

Recommended uses:

- DHEA level concerns♦
- Age-related hormone changes♦
- Mood & well-being♦
- Healthy adrenal function♦

One full pump supplies: DHEA 5 mg, Stevia Leaf Extract (*Stevia rebaudiana*) 7 mg, Grapefruit Seed Extract (*Citricidal spp.*) 330 mcg

Recommendations: Shake well before using. Spray in mouth and mix with saliva for 20 seconds, then swallow. Take one to four servings in divided doses.

Form: 2 fl. oz (59 ml) Bottle (approx. 85 servings)

[†]U.S. Patent #5,891,465 BioZone®.

Note: Evaluation of the patient using accurate salivary or serum tests for DHEA, DHEA-S, testosterone, and estradiol should precede administration of DHEA.

WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. If patient has, or has a family history of prostate cancer, prostate enlargement, heart disease, low HDL cholesterol, or is taking medication use with caution. Do not exceed recommended serving. See product label for additional warning.

Prostate Concerns

Concentrated Ultra Prostagin™

Addresses Prostate Concerns♦



As early as age 40, men may begin to have concerns related to maintaining prostate health. A healthy prostate is essential for comfortable urinary function and health of the reproductive system.♦

Concentrated Ultra Prostagin combines the unique benefits of select herbs, amino acids, and nutrients in an exclusive formula to address these concerns for men who want to maintain a healthy and active lifestyle.♦

Patient benefits:

- Promotes healthy urinary function in men by featuring saw palmetto♦
- Helps maintain prostate health with the addition of nettles, an herb widely recognized for this use♦
- Provides added nourishment for maintaining reproductive health with amino acids, vitamin A, vitamin B₆, and zinc♦

Recommended uses:

- Prostate and reproductive health support♦
- Healthy urinary function support♦

Each tablet supplies: Saw Palmetto Berry Extract (*Serenoa repens*) 320 mg, Nettle Root 10:1 Extract[†] (*Urtica dioica*) 100 mg, lycopene 2 mg, Glycine 50 mg, L-Alanine 50 mg, L-Glutamic Acid 50 mg, Vitamin D (as cholecalciferol) 200 IU, Vitamin B₆ (as pyridoxine hydrochloride) 10 mg, Zinc (as zinc glycinate) 7.5 mg

Recommendations: One tablet twice daily with or between meals.

Form: 30 Tablet Bottle

[†]Equivalent to 1,000 mg raw, dry, unprocessed herb.

Healthy Hormones for **Healthy Aging**

Testosterone Balance

Testralin™

Testosterone & Estrogen Balance Formula♦

Testralin is designed for men aged 40 and beyond to support healthy testosterone and estrogen balance and help maintain male reproductive health. This powerful formula provides significant levels of 14 key ingredients—including green tea, flax lignans, and plant sterols—that may help promote healthy testosterone balance and beneficially influence estrogen and testosterone metabolism♦



Patient benefits:

- Provides phytonutrients known to inhibit aromatase—an enzyme that converts androgen to estrogen♦
- Targets estrogen-sensitive tissues by supporting the methylation and excretion of estrogen metabolites♦
- Addresses prostate health by providing phytonutrients known to inhibit the conversion of testosterone to DHT (dihydrotestosterone)♦
- Provides powerful antioxidant protection to support the health of hormone-sensitive tissues♦
- Provides standardized levels of flax lignans equal to 1 Tbsp of flaxseed daily

Recommended uses:

- Testosterone concerns in aging men♦
- DHT and estrogen metabolite concerns♦
- Testosterone-to-estrogen ratio concerns♦
- Prostate and reproductive health support♦

Two tablets supply: Vitamin D (as cholecalciferol) 750 IU, Folate (folic acid) 400 mcg, Vitamin B₆ (as pyridoxine HCl) 50 mg, Vitamin B₁₂ (as methylcobalamin) 30 mcg, Zinc (as zinc citrate) 5 mg, Selenium (as selenomethionine) 200 mcg, Soybean Concentrate[†] 125 mg (total isoflavones 50 mg), Phytosterols 100 mg, Lignans [from flaxseed extract, *Linum usitatissimum*] 50 mg, Green Tea Leaf Extract Decaffeinated (*Camellia sinensis*) 340 mg [epigallocatechin gallate (EGCG) 133 mg], Oleanolic Acid (from olive leaf extract, *Olea europaea*) 10 mg, Turmeric Rhizome Extract (*Curcuma longa*) 158 mg, Lycopene 10 mg, Betaine (as betaine HCl) 75 mg

Recommendations: Two tablets daily with a meal.

Form: 60 Tablet Bottle

[†]Derived from non-genetically engineered, identity-preserved soybeans

As men approach mid-life, they may be faced with obstacles related to maintaining their youthful vigor and strength, as well as concerns related to heart, bone, and prostate health. These bodily changes are strongly influenced by the balance of hormones in the body.

Over time, men's ability to produce testosterone gradually declines and they may develop increased levels of estrogen. This occurs as testosterone readily converts into estrogen via the enzyme aromatase. Men may also experience undesirable changes in the levels of estrogen and testosterone



metabolites. These often include a reduced ratio of the protective 2-hydroxyestrone to the potentially harmful 16 α -hydroxyestrone estrogen metabolites, as well as increased levels of DHT (a testosterone metabolite mediated by the enzyme 5 α -reductase).

Fortunately, targeted nutritional support for healthy testosterone levels and overall male hormone balance can help address men's common obstacles so they can age healthfully and happily.♦

Table 1. A powerful, complementary mixture of nutritional factors that promote healthy male hormone balance for healthy aging.♦

Aromatase Inhibition♦	Flax Lignans, Isoflavones, Green Tea
Testosterone Synthesis♦	Zinc, Selenium
5 α -Reductase Inhibition♦	Phytosterols, Green Tea, Oleanolic Acid
Estrogen Metabolite Methylation♦	Flax Lignans, Folic Acid, Vitamin B ₆ , Betaine HCl
Cellular Protection♦	Zinc, Selenium, Green Tea, Curcumin, Lycopene, Vitamin D

Age-Associated Hormone Changes: Clinical Concerns for Men

As men age, their ability to produce testosterone declines, while the production of a protein that tightly binds testosterone increases. This results in reduced levels of bioavailable, or free, testosterone in the blood that can be utilized by bodily tissues such as the muscles, bones, and heart. At the same time, many men develop an imbalance in estrogen and testosterone metabolites.

These natural changes in hormone levels can be associated with a variety of clinical concerns:

Mood. A decline in free testosterone has been implicated in mood swings and cognitive concerns.

Muscle tone. Testosterone levels have been positively correlated with muscle tone and strength.

Sexual function. A decline in testosterone levels may be indicated by libido or sexual function concerns.

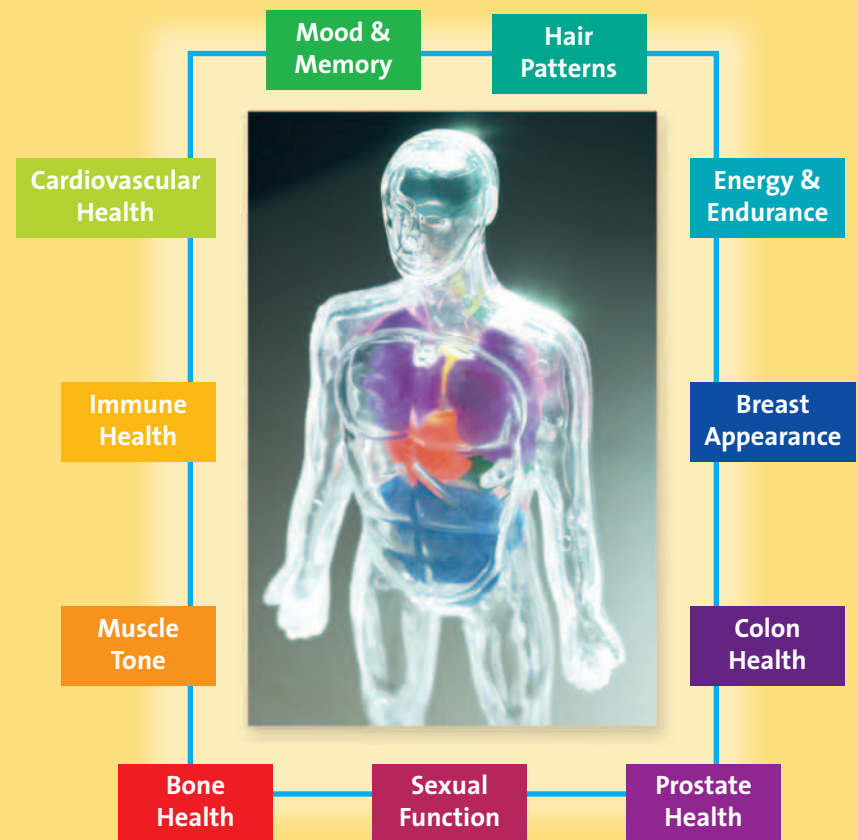
Cardiovascular health. Altered hormone metabolism can influence not only cholesterol, but also triglycerides and cardiovascular health.

Prostate health. Changes in hormone levels, such as an increase in DHT (testosterone metabolite) or a decrease in 2-OH, have been linked to prostate health concerns.

Hair patterns. High DHT levels have been associated with male pattern baldness.

Breast appearance. Either increased levels of estrogen or altered ratios of testosterone-to-estrogen have been linked to apparent breast enlargement.

Colon health. Estrogen may affect colon health.

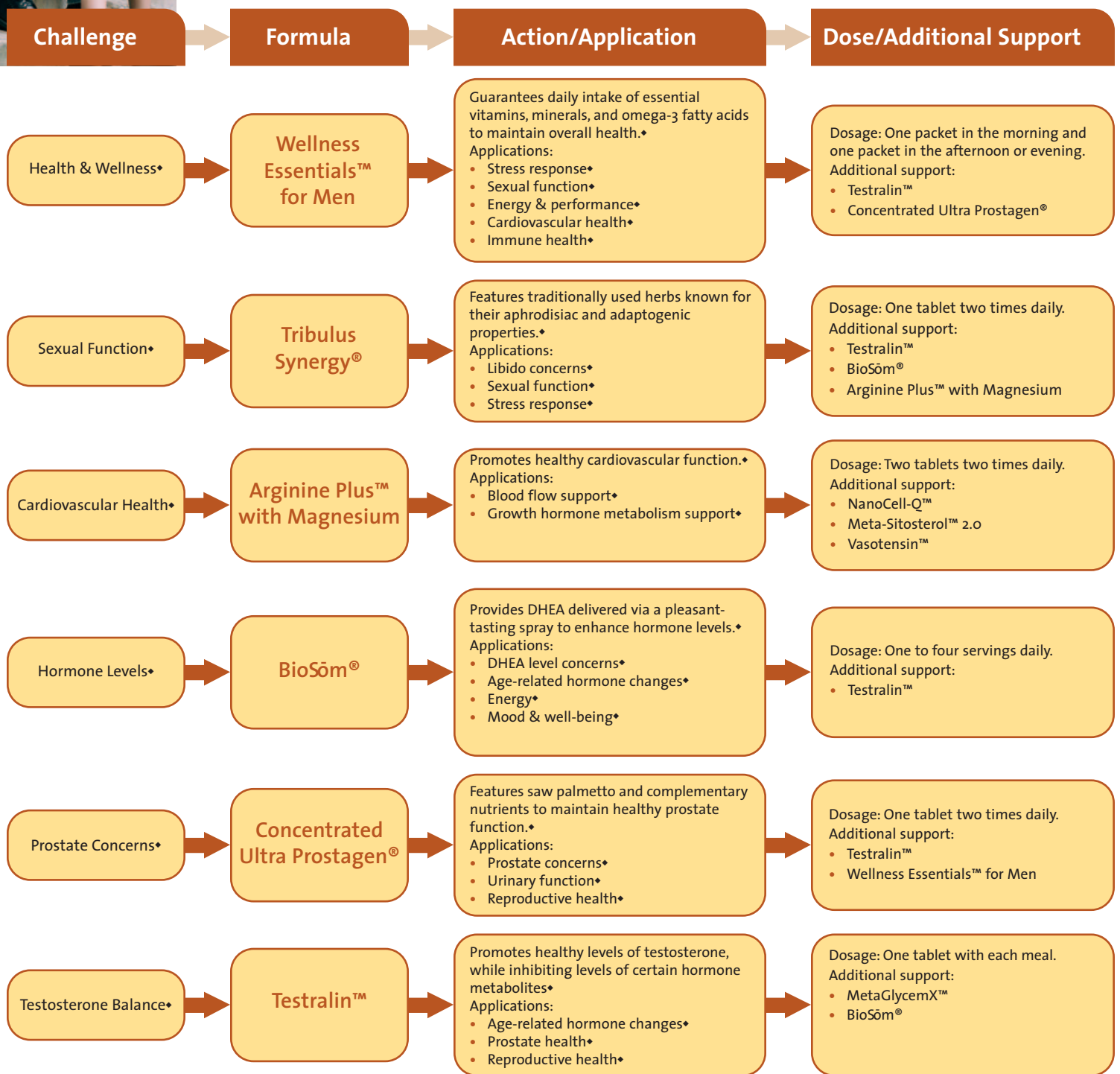


Metagenics provides
**specialized nutritional support for
men's age-related health challenges.♦**



Natural approaches to **men's health** from Metagenics.

Which should you choose for your patients?



For more information visit us online at www.metagenics.com or contact our Technical Support Department.

♦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.



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