

# Improve Health & Transform Lives

## WHAT SETS THE ULTRAMEAL FAMILY APART?

- ▶ **High quality protein base—PharmaSoy®.** PharmaSoy is a technologically advanced blend of superior soy protein and isoflavones. Just 2 servings provide 30 grams of high quality soy protein.
- ▶ **5-methyl tetrahydrofolate (5-MTHF).** A metabolically active form of folate to help ensure that all of the critical benefits of folate nutrition are realized.<sup>2</sup>
- ▶ **Low-glycemic-index (GI).** Sweetened naturally with fructose (no HFCS)—which is found in fruits and is a preferred sugar source for patients with blood sugar concerns.<sup>3</sup>
- ▶ **Dietary fiber.** Two servings per day supply almost half the minimum daily fiber recommendation and supports healthy body composition, gastrointestinal health, and healthy insulin levels in those with blood sugar dysregulation.<sup>4-6</sup>
- ▶ **Convenience.** Travels well for a low-glycemic-index meal option anywhere—at home, at work, or on the go.

## ADDITIONAL ULTRAMEAL PLUS 360° FEATURES

- ▶ **Clinically tested.** The UltraMeal PLUS 360° program was shown to more effectively address cardiovascular disease risk factors than a low-glycemic-load dietary plan and exercise alone.<sup>1</sup>
- ▶ **Plant sterols to target CV health.** Each serving of UltraMeal PLUS 360° contains 2 grams of plant sterols—including 1 gram of beta-sitosterol. Plant sterols have been recommended by the NIH to promote cardiovascular health.<sup>7</sup> **Foods containing at least 0.65 grams per serving of plant sterols esters, eaten twice a day with meals for a daily total intake of at least 1.3 grams, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.**
- ▶ **SKRMS.** A proprietary blend of selective kinase response modulators—as RIAA and acacia—to support insulin and blood lipid parameters.<sup>8</sup>

## PROGRAM MATERIALS FOR THE ULTRAMEAL FAMILY

**Patient Guide.** Comprehensive program guide with recipes, meal plans, and FAQs.

**ANSR Article.** “Body Composition and Optimal Health.” A technical review of altered body composition and natural treatments for associated conditions.

**Wall Poster.** Framed illustration of conditions related to altered body composition.

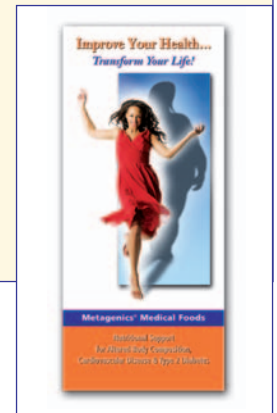
**Metabolic Syndrome Continuum.** Mini poster to help patients understand the road to health.

**Information Sheet.** Small version of the poster with explanatory text on the back.

**Body Composition Brochure.** Patient-friendly education piece.

**Metagenics.com.** Online reference tool featuring product news, literature, and a body mass index chart.

**UltraMeal Family Patient Card.** Patient-friendly office collateral.



### References

1. Lerman RH, Minich DM, Darland G, Lamb JJ, Schiltz B, Babish JG, Bland JS, Tripp ML: Specific phytochemical supplementation increases effectiveness of a Mediterranean-style low glycemic load diet in subjects with metabolic syndrome. Submitted for publication.
2. Antoniaides C, Shirodaria C, Warrick N. 5-methyltetrahydrofolate rapidly improves endothelial function and decreases superoxide production in human vessels: effects on vascular tetrahydropterin availability and endothelial nitric oxide synthase coupling. *Circulation* 2006;114(11):1193-201.
3. Uusitupa, MJ. Fructose in the diabetic diet. *Am J Clin Nutr* 1994;59(3 Suppl):575S-577S.
4. Anderson JW, Gustafson NJ, Brayant CA, et al. Dietary fiber and diabetes: A comprehensive review and practical application. *J Am Dietetic Assoc* 1987;87(9):1189-97.
5. Howarth NC, Saltzman E, Roberts SB. Dietary fiber and weight regulation. *Nutr Rev* 2001;59(5):129-39.
6. Marlett JA, McBurney MJ, Slavin JL. Position of the American dietetic association: health implication of dietary fiber. *J Am Diet Assoc* 2002;102(7):993-1000.
7. Third Report on the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). National Heart, Lung and Blood Institute of the NIH. 2002.
8. 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.



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*The UltraMeal Family of  
Products Improves Health  
and Transforms Lives*

# UltraMeal®

## Medical Food Programs

*Clinically Tested, Advanced Support for  
Metabolic Syndrome*



### Patient Benefits:

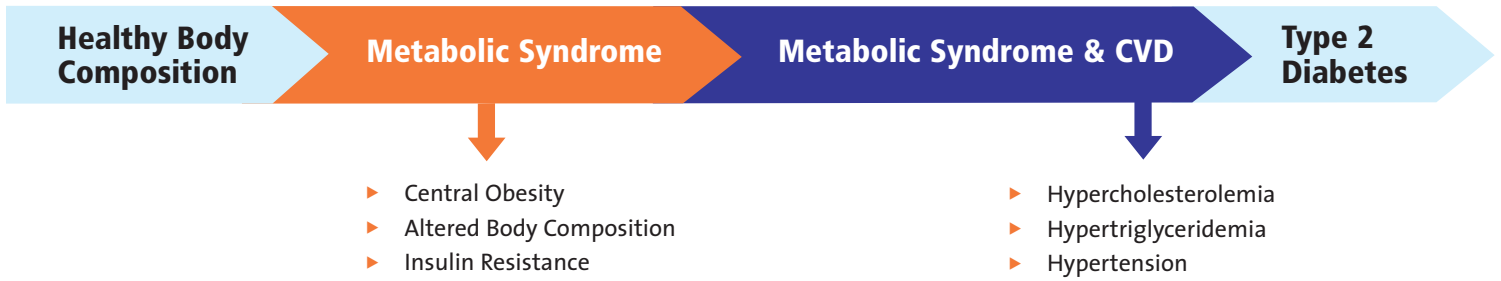
- Specifically formulated to nutritionally support conditions associated with **metabolic syndrome**, such as:
  - ▶ Altered body composition
  - ▶ Central obesity
  - ▶ Insulin resistance
  - ▶ Cardiovascular disease risk factors
- Each serving provides a proprietary blend of soy protein to promote cardiovascular health
- A low-glycemic-index meal option to support healthy blood sugar management
- Available in many delicious flavors and forms for variety and convenience
- Comes with easy-to-follow program instructions and dietary recommendations

**Scientifically-based formulas** with a unique combination of natural ingredients for comprehensive nutritional support of conditions associated with metabolic syndrome.

# Managing the Metabolic Syndrome Continuum

UltraMeal® Medical Food is specifically formulated to nutritionally support patients with conditions associated with metabolic syndrome.

UltraMeal® PLUS 360° Medical Food is specifically formulated to nutritionally support patients with metabolic syndrome and associated CVD risk factors.



### Metabolic Syndrome

**UltraMeal®**

*Medical food for metabolic syndrome*



Clinically tested UltraMeal is a medical food designed to nutritionally support the management of conditions associated with metabolic syndrome.

- Recommended uses:**
- Altered body composition
  - Central obesity
  - Insulin resistance

- Patient benefits:**
- Promotes the loss of fat while helping to maintain lean muscle mass
  - Provides a low-glycemic-index meal option with all essential vitamins and minerals
  - A dairy-free source of calcium for bone health
  - Available in 7 delicious flavors—**Vanilla, Dutch Chocolate, Strawberry Supreme, Mocha, Banana Blast, Country Peach, and Raspberry**
- New: UltraMeal Multipack Box!**
- Individual ready-to-mix packets come in 3 delicious flavors—**Strawberry Supreme, Vanilla, and Dutch Chocolate**
  - Great for busy schedules
- Also available: Whey and rice protein options in Chocolate and Vanilla Flavors**

### Metabolic Syndrome

**UltraMeal® Bars**

*Ready-to-eat medical food for metabolic syndrome*



UltraMeal Bar is a medical food in a convenient, portable bar form designed to complement the UltraMeal Program to nutritionally support the management of metabolic syndrome.


- Recommended uses:**
- Altered body composition
  - Central obesity
  - Insulin resistance

- Patient benefits:**
- A delicious and satisfying meal option with a low-glycemic-index—approximately 28 referenced against glucose
  - Provides a high quality source of soy protein
  - Supplies a typical range of 2 to 2.5 g of inulin, a prebiotic fiber to nutritionally support intestinal function
  - Available in a variety of delicious, natural flavors
  - **Apple Cinnamon** and **Lemon Zinger** flavors feature a vanilla soy coating
  - **Chocolate Raspberry, Chocolate Banana, and Chocolate Fudge** flavors feature a chocolate coating (ActivCoat®) with a bioactive phytonutrient blend that contains a typical range of 70 mg to 100 mg of catechins
- Also available: Rice protein option in Chocolate and Vanilla Almond flavors for those who are sensitive to soy**

### Metabolic Syndrome & CVD

**UltraMeal® PLUS 360°**

*Medical food for metabolic syndrome and cardiovascular disease*



Clinically tested UltraMeal PLUS 360° is a medical food designed to nutritionally support the management of conditions associated with metabolic syndrome and cardiovascular disease. Now features selective kinase response modulators (SKRMs)—designed to improve fasting insulin and lipid parameters.

- Recommended uses:**
- Hypercholesterolemia
  - Hypertriglyceridemia
  - Hypertension

- Patient benefits:**
- **NEW!** Proprietary formula features SKRMs—reduced iso-alpha acids (RIAA) and acacia—clinically shown in a preliminary study at the FMRC\* to improve fasting insulin and lipid parameters
  - Features a proprietary blend of soy protein and 2 grams of plant sterols per serving in accordance with NIH recommendations
  - Provides a heart-healthy meal option with a good source of fiber and all essential vitamins and minerals
  - **Vanilla, Dutch Chocolate, Mocha, and Strawberry** flavors
- \*FMRC (Functional Medicine Research Center<sup>SM</sup>) is the clinical research arm of Metagenics.
- NOTE: UltraMeal PLUS 360° is not recommended for individuals taking anticoagulant medications. UltraMeal® PLUS Medical Food may be an excellent alternative for these patients.**

# 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
  - Cholesterol/HDL ratio
  - Triglycerides
  - Triglyceride/HDL ratio
- ▶ Significant increase in HDL (“good”) cholesterol
- ▶ Persistent lowering effects on apoB and apoB/apoA1 ratio (Table 1)
  - 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

### References:

1. Lerman RH, Minich DM, Darland G, Lamb JJ, Schiltz B, Babish JG, Bland JS, Tripp, ML: Specific phytochemical supplementation increases effectiveness of a 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>-1.12*</b>	<b>-12.9%</b>	-.05*	<b>-5.5%</b>

\* These results are statistically significant.