

METABOTRIM®

CHROMIUM, VITAMIN B-COMPLEX



MEET METABOTRIM

Now your time at the gym and healthy eating can pay off. Featuring B vitamins, L-carnitine, and chromium nicotinate glycinate, Metabotrim helps your metabolism stay active and strong. Niacin (Vitamin B₃) is involved in fatty acid synthesis, L-carnitine helps provide energy important to break down fat, and chromium is important for normal insulin function (which helps regulate carbohydrate, fat, and protein metabolism).

WHY YOU'LL LOVE IT

- Includes essential vitamins and minerals to promote normal function of body processes*
- Supports normal energy production*
- Supports normal insulin function and conversion of macromolecules into energy*
- Supports normal fat and carbohydrate metabolism*

HOW TO USE IT

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

LEARN MORE ABOUT IT

What is the role of B vitamins in Metabotrim?

B vitamins are essential to 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 that can help insulin function normally and increase various types of metabolism.

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.

THE SCIENCE BEHIND IT

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, Roychowdhury 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.

METABOTRIM®

WHAT'S IN IT

Supplement Facts

Serving Size One Capsule Servings Per Container 60

Amount Per Capsule	% Daily Value
Vitamin C (as Calcium Ascorbate)	75 mg . . . 83%
Niacin (as Niacinamide)	10 mg NE 63%
Vitamin B6 (as Pyridoxine Hydrochloride)	3 mg . . 176%
Vitamin B12 (as Cyanocobalamin)	6 mcg . 250%
Magnesium (as Magnesium Citrate, Magnesium Oxide, Magnesium Bisglycinate)	20 mg . . . 5%
Chromium (as Chromium Nicotinate Glycinate)	100 mcg . 286%
Potassium (as Potassium Citrate)	20 mg . . <1%
Carnitine	100 mg *
(as L-Carnitine L-Tartrate)	

*Daily Value not established.

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OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Magnesium Stearate, Silicon Dioxide, Vanillin, Titanium Dioxide.

WARNING

Keep out of reach of children. Consult a physician prior to use if pregnant or lactating, or prior to using prescription medication. Discontinue use 2 weeks prior to and after surgery. Discontinue use and consult a physician if any adverse reactions occur. Do not use if safety seal is broken or missing.

