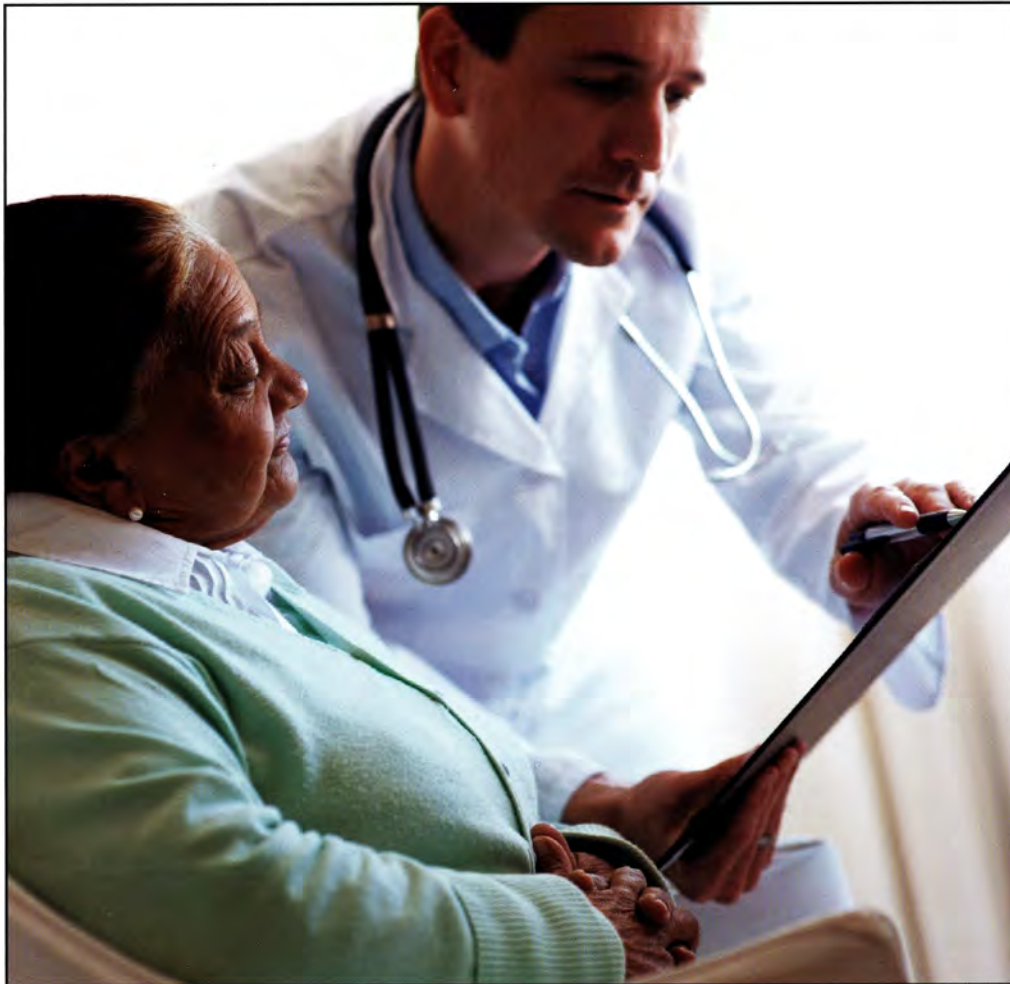


# BREAKTHROUGH MEDICAL FOOD HELPS **REVERSE HEART DISEASE AND DIABETES RISKS**

***New Multicenter Trial Confirms  
44.4% Net Resolution of Metabolic Syndrome in 12 Weeks\****



## **UltraMeal Plus<sup>®</sup> 360<sup>°</sup>**

**EASY, SAFE, AND  
MORE EFFECTIVE  
THAN DIET AND  
EXERCISE ALONE**



**UltraMeal<sup>®</sup> Plus 360<sup>°</sup> Stevia**  
Features low calorie, natural sweeteners.  
Available in soy and rice formulas.

For more information visit [ultramealplus360.com](http://ultramealplus360.com)

\*With original UltraMeal Plus 360<sup>°</sup>

 **Metagenics<sup>™</sup>**

Genetic Potential Through Nutrition



# Introducing UltraMeal PLUS 360° Stevia



UltraMeal Plus 360° Stevia is a medical food designed to nutritionally support the management of conditions associated with metabolic syndrome and cardiovascular disease such as hypercholesterolemia,

hypertriglyceridemia, and hypertension. It features stevia and erythritol as low-calorie, natural sweeteners.

## Patient benefits

- Proprietary formula features selective kinase response modulators (SKRMs)—as RIAA and acacia—clinically shown in a preliminary study at the Metagenics Functional Medicine Research Center® 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 essential vitamins and minerals
- Available in Vanilla and Dutch Chocolate flavors

**Also available:** UltraMeal® Plus 360° Stevia RICE for patients sensitive to soy. Available in Vanilla and Dutch Chocolate flavors.

**Note:** UltraMeal Plus 360° Stevia and UltraMeal Plus 360° Stevia RICE are not recommended for individuals taking anticoagulant medications. UltraMeal® Plus medical food may be an excellent alternative for these patients. Available in Vanilla, Dutch Chocolate, Mocha, and Strawberry Supreme flavors.

## Soy formula

### Information per Serving (Vanilla flavor):

Serving size about 2 scoops (45 g), Servings per container 14 (by weight), Calories 110, Fat 3 g, Saturated Fat<sup>†</sup> 1 g, *Trans* Fat 0 g, Cholesterol 0 mg, Sodium 290 mg, Potassium 500 mg, Carbohydrate 18 g, Dietary fiber 4 g, Sugars 1 g, Sugar Alcohol 9 g, Protein<sup>\*\*</sup> 15 g.

**Each Serving Contains:** Vitamin A 1750 IU, Vitamin C 60 mg, Calcium 600 mg, Iron 2.4 mg, Vitamin D 40 IU, Vitamin E 11 IU, Thiamin 0.75 mg, Riboflavin 0.85 mg, Niacin 10 mg, Vitamin B<sub>6</sub> 25 mg, Folate 400 mcg (as folic acid and L-5-methyl tetrahydrofolate<sup>\*\*\*</sup>) Vitamin B<sub>12</sub> (as cyanocobalamin) 30 mcg, Biotin 150 mcg, Pantothenic acid 5 mg, Phosphorus 500 mg, Iodine 75 mcg, Magnesium 150 mg, Zinc 9 mg, Copper 1 mg, Manganese 0.3 mg, Chromium

100 mcg, Chloride 500 mg, Isoflavones 17 mg, Plant Sterols (including beta-sitosterol and other plant sterols) 2000 mg.

**Ingredients:** Soy protein isolate<sup>††</sup> (soy), erythritol, soy fiber (soy), plant sterols (soy), inulin, dicalcium phosphate, natural flavors, olive oil, magnesium citrate, silica, potassium chloride, proprietary blend<sup>▲</sup> of RIAA and Indian gum Arabic tree [magnesium salts of reduced iso-alpha acids (from hops extract, *Humulus lupulus* L.), hydrogenated soybean oil encapsulate, and Indian gum Arabic tree (*Acacia nilotica*<sup>▲▲</sup>) bark and heartwood extract], lecithin (soy), sodium chloride, xanthan gum, guar gum, ascorbic acid, zinc gluconate, stevia (*Stevia rebaudiana*), pyridoxine HCl, d-alpha tocopheryl acetate, niacinamide, copper gluconate, D-calcium pantothenate, thiamin HCl, riboflavin, chromium polynicotinate, retinyl palmitate, folic acid, L-5-methyl tetrahydrofolate, biotin, potassium iodide, cyanocobalamin, and cholecalciferol. Contains: Soy.

**Directions:** Blend (for no longer than 15 seconds), shake, or briskly stir about 2 level scoops of UltraMeal PLUS 360° Stevia (45 g) into 8 ounces of chilled water twice daily, or as directed by your healthcare practitioner. Consume within 10 minutes of reconstitution.

**Form:** 22.2 oz (630 g) Container

**Caution:** Do not use if pregnant or nursing. Not recommended for individuals taking anticoagulant medications.

**Warning:** Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 5000 IU of preformed vitamin A (retinyl palmitate) per day.

<sup>†</sup>Saturated fat is contributed by olive oil, which has recognized health benefits.

<sup>\*\*</sup>Non-Genetically Engineered, Identity-Preserved Soy Protein.

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

<sup>▲</sup>Patent Pending.

<sup>▲▲</sup>Also known as *Vachellia nilotica*.



To order, contact your Metagenics Midwest Representative or call:

800 522 6382

[www.metagenics.com](http://www.metagenics.com)





## Comparison of Representative Clinical Outcomes Related to Metabolic Syndrome

	TG	TG/HDL	Insulin	apoB/ apoA-1	LDL	HDL	BP S=Systolic D=Diastolic	Weight Change (lbs)	Potential Side Effects
Mediterranean Diet with Low Glycemic Index and Medical Food	-35.2%	-42.7%	-26.8%	-15.4%	-17.3%	+7.0%	-4.9% (S) -5.7% (D)	-13	None reported
Mediterranean Diet with Low Glycemic Index	-14.3%	-17.6%	-22.3%	-6.3%	-8.4%	+2.7%	-3.5% (S) -0.9% (D)	-12.6	None reported
<b>Cholesterol Reduction</b>									
Statins	-15-32% <sup>aeil</sup>		+8% <sup>l</sup> +1.3% <sup>o*</sup>	-22.7-45% <sup>eim</sup>	-30-47% <sup>el</sup>	+0-15% <sup>aeil</sup>	-2.9-0% <sup>ai</sup> (S) -2.6-3.5% <sup>i</sup> (D)	-0.5 <sup>l</sup>	Muscle wasting, neuromuscular pain, liver toxicity, CoQ <sub>10</sub> deficiency
<b>Anti-Diabetic</b>									
Metformin	-15% <sup>a</sup> +7-8.5% <sup>fn</sup>		-29% <sup>o*</sup>		+11.9% <sup>n</sup> -3.5% <sup>o*</sup>	+0.9-15% <sup>afn</sup>	-5-0% <sup>af</sup> (S) -2.2% <sup>i</sup> (D)	-0.3 <sup>n</sup> -5.3 <sup>p</sup>	Nausea, diarrhea, gas, bloating
TZD	-4-12% <sup>ag</sup> +3.8% <sup>bt</sup>	-13% <sup>g</sup>	-24.5% <sup>bt</sup> -16% <sup>g</sup>		+7% <sup>g</sup> 0% <sup>b</sup>	+9-14% <sup>ag</sup>	-5% <sup>a</sup> (S) -4.5% <sup>p*</sup> (D)	0 <sup>bg</sup> +1.5-6.0 <sup>pr</sup>	Nonalcoholic steatotic hepatitis, fluid retention, weight gain
<b>Triglyceride Reduction</b>									
Niacin	-11-44% <sup>akl</sup>		+6% <sup>l</sup>		-2-22% <sup>kl</sup>	+10-29.5% <sup>akl</sup>	-2% <sup>a</sup> (S)	-1.1 <sup>l</sup>	Flushing, headache, GI disturbance
Fibrates	-15-37% <sup>adfi</sup>		-8.1% <sup>d</sup>	-24.8% <sup>a</sup>	+2-14.5% <sup>dj</sup>	+2-26% <sup>adfi</sup>	-8-0% <sup>afj</sup> (S) -1.7-3.5% <sup>ij</sup> (D)	-2.4 <sup>l</sup>	Liver toxicity, muscle damage

<sup>a</sup>Wierzbick, *Int J Clin Pract* 2006;60(12):1697-1706. <sup>b</sup>Samaha et al., *Arterioscler Thromb Vasc Biol* 2006;26:624-630. <sup>c</sup>Després et al., *N Engl J Med* 2005;353:2121-2134. <sup>d</sup>Paragh et al., *Br J Clin Pharmacol* 2006;61(6):694-701. <sup>e</sup>Ballantyne et al., *Am J Cardiol* 2003;91(suppl):25C-28C. <sup>f</sup>Nieuworp et al., *Diabetes Obes Metab* 2007;9:869-878. <sup>g</sup>Szapary et al., *Arterioscler Thromb Vasc Biol* 2006;26:182-88. <sup>h</sup>Aronne, *Am J Med* 2007;120(3A):S26-S34. <sup>i</sup>Hunninghake et al., *Clin Ther* 2003;25(6):1670-1686. <sup>j</sup>Davidson et al., *Clin Ther* 2005;27(6):715-727. <sup>k</sup>Goldberg et al., *Am J Cardiol* 2000;85:1100-1105. <sup>l</sup>McKenney et al., *Am J Med* 1998;104:137-143. <sup>m</sup>Nicholls et al., *JAMA* 2007;297(5):499-508. <sup>n</sup>Einhorn et al., *Clin Ther* 2000;22(12):1395-1409. <sup>o</sup>Bulcão et al., *Braz J Med Biol Res* 2007;40:229-235. <sup>p</sup>Pavo et al., *J Clin Endocrinol Metab* 2003;88:1637-1645. <sup>q</sup>Steinmetz et al., *J Cardiovasc Pharmacol* 1996;27(4):563-570. <sup>r</sup>Shadid et al., *Diabetes Care* 2003;26(11):3148-3152.

\*Calculated from mean change divided by mean baseline value. †Calculated from median change divided by median baseline value.

#Results obtained in a 12-wk, open-labeled, randomized, 2-arm clinical study conducted with 44 subjects at the Functional Medicine Research Center<sup>SM</sup>, the clinical research arm of Metagenics, Inc. Published in *Nutrition & Metabolism*, 2008;5:29(4 November 2008).