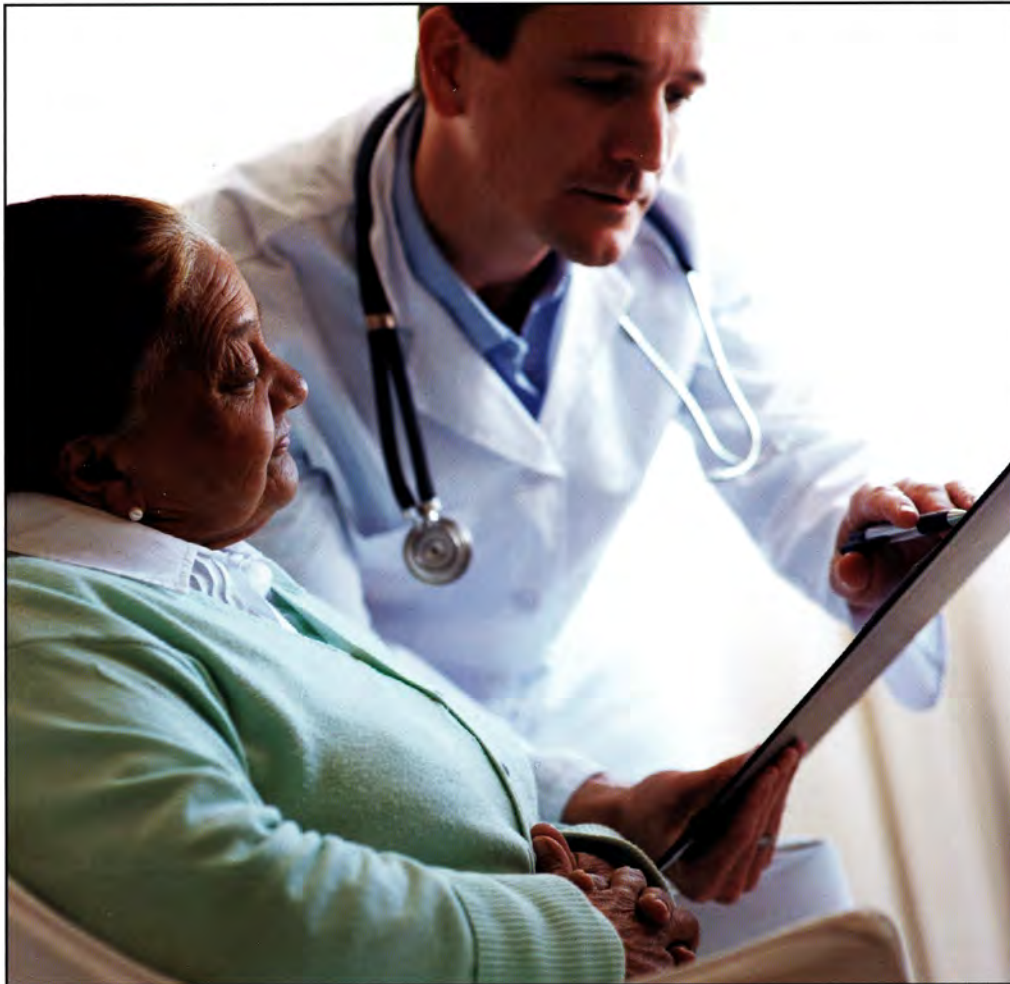


BREAKTHROUGH MEDICAL FOOD HELPS **REVERSE HEART DISEASE AND DIABETES RISKS**

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



UltraMeal Plus[®] 360[°]

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

New!

UltraMeal[®] Plus 360[°] Stevia
Features low calorie, natural sweeteners.
Available in soy and rice formulas.

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*With original UltraMeal Plus 360[°]

 **Metagenics[™]**

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[†] 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^{**} 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 B₆ 25 mg, Folate 400 mcg (as folic acid and L-5-methyl tetrahydrofolate^{***}) Vitamin B₁₂ (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^{††} (soy), erythritol, soy fiber (soy), plant sterols (soy), inulin, dicalcium phosphate, natural flavors, olive oil, magnesium citrate, silica, potassium chloride, proprietary blend[▲] 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*^{▲▲}) 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.

[†]Saturated fat is contributed by olive oil, which has recognized health benefits.

^{**}Non-Genetically Engineered, Identity-Preserved Soy Protein.

^{***}As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

[▲]Patent Pending.

^{▲▲}Also known as *Vachellia nilotica*.



To order, contact your Metagenics Midwest Representative or call:

800 522 6382

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
Cholesterol Reduction									
Statins	-15-32% ^{aeil}		+8% ^l +1.3% ^{o*}	-22.7-45% ^{eim}	-30-47% ^{el}	+0-15% ^{aeil}	-2.9-0% ^{ai} (S) -2.6-3.5% ⁱ (D)	-0.5 ^l	Muscle wasting, neuromuscular pain, liver toxicity, CoQ ₁₀ deficiency
Anti-Diabetic									
Metformin	-15% ^a +7-8.5% ^{fn}		-29% ^{o*}		+11.9% ⁿ -3.5% ^{o*}	+0.9-15% ^{afn}	-5-0% ^{af} (S) -2.2% ⁱ (D)	-0.3 ⁿ -5.3 ^p	Nausea, diarrhea, gas, bloating
TZD	-4-12% ^{ag} +3.8% ^{bt}	-13% ^g	-24.5% ^{bt} -16% ^g		+7% ^g 0% ^b	+9-14% ^{ag}	-5% ^a (S) -4.5% ^{pt} (D)	0 ^{bg} +1.5-6.0 ^{pr}	Nonalcoholic steatotic hepatitis, fluid retention, weight gain
Triglyceride Reduction									
Niacin	-11-44% ^{akl}		+6% ^l		-2-22% ^{kl}	+10-29.5% ^{akl}	-2% ^a (S)	-1.1 ^l	Flushing, headache, GI disturbance
Fibrates	-15-37% ^{adfi}		-8.1% ^d	-24.8% ^a	+2-14.5% ^{dj}	+2-26% ^{adfi}	-8-0% ^{afj} (S) -1.7-3.5% ^{ij} (D)	-2.4 ^l	Liver toxicity, muscle damage

^aWierzbick, *Int J Clin Pract* 2006;60(12):1697-1706. ^bSamaha et al., *Arterioscler Thromb Vasc Biol* 2006;26:624-630. ^cDesprés et al., *N Engl J Med* 2005;353:2121-2134. ^dParagh et al., *Br J Clin Pharmacol* 2006;61(6):694-701. ^eBallantyne et al., *Am J Cardiol* 2003;91(suppl):25C-28C. ^fNieuworp et al., *Diabetes Obes Metab* 2007;9:869-878. ^gSzapary et al., *Arterioscler Thromb Vasc Biol* 2006;26:182-88. ^hAronne, *Am J Med* 2007;120(3A):S26-S34. ⁱHunninghake et al., *Clin Ther* 2003;25(6):1670-1686. ^jDavidson et al., *Clin Ther* 2005;27(6):715-727. ^kGoldberg et al., *Am J Cardiol* 2000;85:1100-1105. ^lMcKenney et al., *Am J Med* 1998;104:137-143. ^mNicholls et al., *JAMA* 2007;297(5):499-508. ⁿEinhorn et al., *Clin Ther* 2000;22(12):1395-1409. ^oBulcão et al., *Braz J Med Biol Res* 2007;40:229-235. ^pPavo et al., *J Clin Endocrinol Metab* 2003;88:1637-1645. ^qSteinmetz et al., *J Cardiovasc Pharmacol* 1996;27(4):563-570. ^rShadid 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 CenterSM, the clinical research arm of Metagenics, Inc. Published in *Nutrition & Metabolism*, 2008;5:29(4 November 2008).