

Metabolic Recovery “Free”



HormoneSynergy™
Nutraceuticals

Clinical Applications

- Supports Natural Detoxification Mechanisms*
- Supports Gastrointestinal Health*
- Supports a Balanced Cytokine Profile*
- Lactose-Free Vegan Protein*

*Metabolic Recovery “Free” is a comprehensive, monk-fruit-extract-sweetened, low-allergy–potential dietary supplement designed to support gastrointestinal (GI) function and balanced detoxification. It features Vegan Protein Blend, Hormone Synergy™ Nutraceuticals’s proprietary amino acid and pea/rice protein blend; Aminogen®, to facilitate protein absorption; phytonutrients; mineral amino acid chelates; and activated B vitamins, including Quatrefolic® and methylcobalamin. In conjunction with a modified elimination diet, Metabolic Recovery “Free” addresses GI and hepatic function as well as eicosanoid balance and cytokine metabolism. This formula is suitable for vegans.**

All Hormone Synergy™ Nutraceuticals Formulas Meet or Exceed cGMP Quality Standards

Discussion

Metabolic Recovery “Free” is now sweetened with a natural, high-potency sweetener extracted from monk fruit. This generally recognized as safe (GRAS) monk-fruit extract offers a high-quality sweetness and flavor without the bitter aftertaste associated with some natural sweeteners.

Protein Metabolism

Vegan Protein Blend is Hormone Synergy™ Nutraceuticals’s proprietary blend of pea protein isolate and rice protein concentrate, L-glutamine, glycine, and taurine. Generation of glutathione and sulfation cofactors—vital for phase II conjugation—requires an array of amino acids. The combination of pea protein and rice protein, containing a complement of amino acids, achieves an amino acid score of 100%. Glutamine, a conditionally essential and versatile amino acid with two nitrogen moieties, is crucial to nitrogen metabolism and helps maintain healthy liver tissue and function.^[1,2] The amino acid glycine is needed for bile synthesis, phase II detoxification, and glutathione production. Taurine, a derivative of the sulfur-containing amino acid cysteine, is also important for synthesis of bile salts and helps stabilize cell membranes.*

Gastrointestinal Support

Ginger root, included to support healthy digestion such as the release of bile from the gallbladder, acts at several sites to moderate PGE(2) production and support the normal response to inflammation.^[3] Fiber (from inulin and flaxseeds) supports production of short-chain fatty acids as well as a healthy intestinal flora. **MeadowPure™**, an organic flaxseed complex, possesses excellent oxidative stability, supports antioxidant activity, and provides lignins, soluble fiber, and omega-3 and omega-6 essential fatty acids.^[4] **Glutamine** plays a key role in healthy intestinal cell proliferation and gut barrier integrity, immune function, and normal tissue healing.*^[1,2]

Detoxification Support

Ellagic acid (from pomegranate extract) prevents over-induction of CYP1A enzymes, works at the gene level to induce synthesis of glutathione-S-transferases and other phase II activities, binds directly to toxins, and protects DNA and hepatocytes.^[5,6] **Watercress** is a rich source of beta-phenylethyl isothiocyanate (PEITC)—a versatile compound found to inhibit phase I enzymes and induce the phase II enzymes associated with biotransformation and excretion of toxins. Watercress has been found to contain even stronger phase II inducers known as 7-methylsulfinylheptyl and 8-methylsulfinyloctyl isothiocyanates as well.^[7,8] **Green tea catechins** not only support antioxidant activity but also appear to act as modulators of phase I and phase II detoxification.^[9] **Choline** is present to support lipid metabolism in the liver and can be converted to betaine, a methyl donor.*^[10]

The active, bioavailable form of **B vitamins** (pyridoxal-5'-phosphate (B6), 5-methyltetrahydrofolate (folate), methylcobalamin (B12)) and glycine all support amino acid conjugation and are vital for the detoxification of xenobiotics and xenoestrogens. 5-methyltetrahydrofolate (5-MTHF), methylcobalamin, betaine, and **methylsulfonylmethane (MSM)** are present to support methylation and detoxification. 5-MTHF supports healthy folate nutrition, especially in individuals with variations in folate metabolism. In Metabolic Recovery “Free”, 5-MTHF is provided as Quatrefolic® for enhanced stability, solubility, and bioavailability.*^[11]

Preventium®, a patented form of potassium hydrogen d-glucarate, supports glucuronidation. Sulfation is supported by **MSM** and **sodium sulfate**. Acetylation is supported by **d-calcium pantothenate**, pyridoxal-5'-phosphate, and magnesium. Several minerals in Metabolic Recovery “Free” are provided as Albion® mineral chelates and TRAACS® mineral amino acid chelates for enhanced gastrointestinal absorption and bioavailability.*^[12]

Antioxidant Support and Cytokine Balance

Bioflavonoids, quercetin, rutin, and curcumin support antioxidant activity, counter free radicals, and support healthy eicosanoid and cytokine metabolism.^[13,14] Curcumin has a long history of use for its support of a normal, healthy response to inflammation.^[15] **N-acetylcysteine (NAC)** stimulates glutathione synthesis, enhances glutathione-S-transferase activity, and promotes detoxification.^[16] **Selenium glycinate** provides support for glutathione metabolism and antioxidant protection.*

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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Metabolic Recovery “Free”



Vanilla Sugar & Stevia Free

Supplement Facts

Serving Size: 2 Scoops (about 54 g)
Servings Per Container: About 14

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Calories 220		Molybdenum (as TRAACS® molybdenum glycinate chelate)	35 mcg 47%
Calories from Fat 80		Sodium (naturally occurring)	500 mg 21%
Total Fat 9 g	14%*	Potassium (naturally occurring)	510 mg 15%
Saturated Fat 3 g	15%*	Stabilized Flaxseed	5.6 g **
Total Carbohydrate 11 g	4%*	Alpha-Linolenic Acid	1.28 g **
Dietary Fiber 5 g	20%*	Linoleic Acid	392 mg **
Sugars 0 g	**	Pomegranate Extract (<i>Punica granatum</i>)(hull)(40% ellagic acid)	400 mg **
Protein 26 g	52%*	Betaine Anhydrous (trimethylglycine)	250 mg **
Vitamin A (as natural beta-carotene)	2500 IU 50%	Lemon Bioflavonoid Complex (<i>Citrus x limon</i>) (fruit peel)(25% bioflavonoids)	250 mg **
Vitamin C (as sodium ascorbate)	250 mg 417%	Quercetin	250 mg **
Thiamin (as thiamine HCl)	15 mg 1000%	(as quercetin dihydrate from <i>Dimorphandra mollis</i>)(pod)	
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg 294%	Preventium® (potassium d-glucarate)	250 mg **
Niacin (as niacinamide and niacin)	40 mg 200%	Rutin (from <i>Sophora japonica</i>)(bud)	200 mg **
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg 250%	Turmeric Extract (<i>Curcuma longa</i>)(rhizome) (95% curcuminoids)	200 mg **
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolate acid, glucosamine salt)	200 mcg 50%	N-Acetyl-L-Cysteine	150 mg **
Vitamin B12 (as methylcobalamin)	50 mcg 833%	Ginger (<i>Zingiber officinale</i>)(rhizome)	150 mg **
Biotin	150 mcg 50%	Methylsulfonylmethane (MSM)	120 mg **
Pantothenic Acid (as d-calcium pantothenate)	35 mg 350%	Choline (as choline bitartrate)	100 mg **
Calcium (as DimaCal® di-calcium malate and ingredients with naturally occurring calcium)	240 mg 24%	Sodium Sulfate Anhydrous	100 mg **
Iron (naturally occurring)	6 mg 33%	Watercress (<i>Nasturtium officinale</i>)(herb)	100 mg **
Iodine (as potassium iodide)	60 mcg 40%	Green Tea Aqueous Extract (<i>Camellia sinensis</i>)(leaf) (80% polyphenols, 60% catechins, 30% EGCG, 6% caffeine)	82 mg **
Magnesium (as Albion® di-magnesium malate)	140 mg 35%		
Zinc (as TRAACS® zinc bisglycinate chelate)	10 mg 67%		
Selenium (as Albion® selenium glycinate complex)	100 mcg 143%		
Manganese (as TRAACS® manganese bisglycinate chelate)	2 mg 100%		
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	60 mcg 50%		

Other Ingredients: Metabolic Recovery "Free" (Hormone Synergy™ Nutraceuticals's proprietary blend of pea protein concentrate, pea protein isolate, taurine, glycine, rice protein concentrate, and L-glutamine), sunflower oil, natural flavors (no MSG), medium-chain triglyceride oil, tripotassium citrate, cellulose gum, xanthan gum, Aminogen®, monk fruit extract, guar gum, and silica.

AMINOGEN® is a registered trademark of Triarco Industries.
AMINOGEN® is protected under US patent 5,387,422.

Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US patent 7,947,662.



Albion, DimaCal, TRAACS, and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malates covered by US patent 6,706,904.

Preventium® is a registered trademark of Applied Food Sciences, LLC. (US patents 4,845,123, 5,364,644, 5,561,160).

Directions

Blend, shake, or briskly stir 2 level scoops (54 g) into 10-12 ounces chilled, pure water (or mix amount for desired thickness) and consume once daily, or use as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged. The labeling on this product does not comply with California's Proposition 65. Therefore, this product may not be sold in California.

Does Not Contain

Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

Typical Amino Acid Profile Per Serving:

Alanine	1,129 mg	Methionine	279 mg
Arginine	2,260 mg	Phenylalanine	1,432 mg
Aspartic Acid	3,049 mg	Proline	1,141 mg
Cysteine	248 mg	Serine	1,404 mg
Glutamic Acid	4,450 mg	Taurine	981 mg
Glycine	1,578 mg	Threonine	500 mg
Histidine	852 mg	Tryptophan	258 mg
Isoleucine	1,214 mg	Tyrosine	1,005 mg
Leucine	2,208 mg	Valine	1,317 mg
Lysine	1,910 mg		

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