



Physician Formulated, Clinical Results

New Product

As requested, we now have  
**Metabolic Nutrition Capsules**

## Optimized Cell Function with Just 2 Caps Daily\*



### Formulation Features

- Easy 1-2-per-day dosing; 1-2 month supply per bottle (twice as much as Metabolic Nutrition powder).

Per one daily dose:

- ✓ Vitamin D3 (4000 IU)
- ✓ Vitamin K2 (240 mcg) in the form of MK7
- ✓ Vitamin B6 (20 mg) in the form of pyridoxal 5-phosphate (P-5-P)
- ✓ B12 (800 mcg) in the form of methylcobalamin
- ✓ Folate (800 mcg) in the form of 5-MTHF Quatrefolic®
- ✓ CoQ10 (50 mg)
- ✓ L-Carnitine Tartrate (50 mg)

Dosage and formulation developed by practicing physicians and professors of medicine to offer a product that is therapeutic in treating common nutritional deficiencies while optimizing patient compliance.

## Supplement Facts

Serving Size: 2 capsules      Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Palmitate)	2,000 IU	40%
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin D3 (as Cholecalciferol)	4,000 IU	1,000%
Vitamin E (as 100 IU d-Alpha Tocopheryl Acetate & 50 IU Mixed Tocopherols including alpha, beta, delta & gamma)	150 IU	500%
Vitamin K2 (as Menaquinone-7)	240 mcg	300%
Thiamin (as Thiamin HCl)	1 mg	67%
Riboflavin	6 mg	353%
Niacin	30 mg	150%
Vitamin B6 (as Pyridoxal-5-Phosphate)	20 mg	1,000%
Folate (as [6S]-5-methyltetrahydrofolate acid from 1,600 mcg of Quatrefolic® [6S]-5-methyltetrahydrofolate acid, glucosamine salt)	800 mcg	200%
Vitamin B12 (as Methylcobalamin)	800 mcg	200%
Biotin	200 mcg	67%
Pantothenic Acid (as Ca D-Pantothenate)	50 mg	500%
Iodine (as K Iodide)	150 mcg	100%
Magnesium (as Mg L-Threonate & Mg Citrate)	15 mg	4%
Zinc (as Zn Citrate)	10 mg	67%
Selenium (as Albion® Selenium Glycinate Complex)	200 mcg	286%
Copper (as Cu Citrate)	1 mg	50%
Manganese (as Mn Citrate)	7 mg	350%
Chromium (as Cr Polynicotinate)	500 mcg	417%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg	133%
L-Carnitine Tartrate	50 mg	*
Coenzyme Q10	50 mg	*

\*Daily Value not established



## Nutritional Foundation of "Metabolic Nutrition"

### CO Q10

CoQ10 is a critical nutrient for mitochondrial respiration and ATP production. It also has a secondary function of protecting against cellular oxidative damage. With age comes a natural decline in CoQ10 levels, along with factors such as medication use that can deplete it further.

### 5- MTHF

Folic acid requires conversion in the body to its more active form, 5-MTHF. Due to genetic enzyme defects, some people have difficulty with this critical conversion process. Offering folate in the already active form ensures folate repletion for everyone.

### MK7

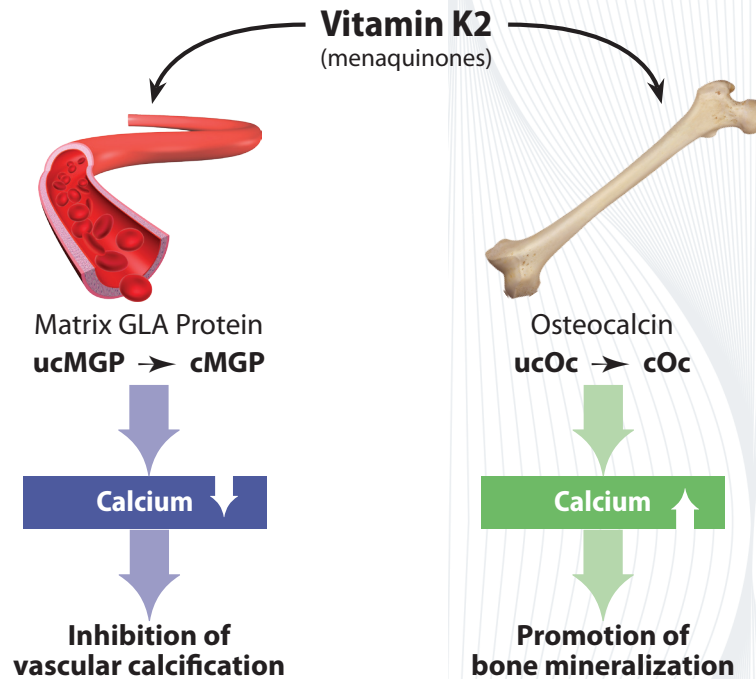
K2 supports calcium uptake and safely guides it to bone, rather than arterial deposits. MK7 is the most bioavailable and active form of K2 which can be dosed once daily, making it the superior form of vitamin K2. Most MK7 products contain only 100 mcg, as compared to 240 mcg offered in Metabolic Nutrition Capsules.

Advanced Research Wellness Center  
www.AdvancedResearchWellness.com

(717) 733-2080  
clinic@ar4h.com

\*The statements on this page have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.

## Vitamin K2 Supports Bone Mineralization



## Supplementation

- Take 1-2 capsules daily.

## Diet & Lifestyle

- Eliminate as much physical, emotional, and environmental stress as possible.
- Exercise moderately for 12-15 minutes intervals, 2 – 4 times daily.
- In order to maintain optimal blood sugar levels, eat that are balanced in protein and carbohydrates.
- Avoid known allergens.
- Get plenty of rest.



Quatrefolic® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662



Albion® & TRAACS® are registered trademarks of Albion Laboratories, Inc.