

WHY DO WE RECOMMEND METABOLISM ESSENTIALS MULTI PLUS?

There has never been more research proving the power of nutrition to promote health. Proper vitamins, minerals, metabolism cofactors, and plant nutrients support a healthy energy level, mood, body weight, immune system, brain function, and vision. However, nutrient deficiencies can be devastating to healthy aging, increasing risks of cancer, heart disease, stroke, and memory loss with aging.

I have strict medical standards of excellence when recommending nutritional supplements. After all, most of us need special nutritional support for concerns related to metabolism, weight loss, mood disorders, medical problems, fatigue, memory loss, or general aging.

Here are questions I always have in mind:

- Are optimal amounts of nutrients present?
- Are key minerals present in clinically relevant amounts?
- Are the minerals chelated for best possible absorption?
- Are proper B vitamins present to lower homocysteine and potentially lower both heart disease risk and cancer risk?
- Is natural "Folate" (not folic acid) used to limit cancer risks?
- Are adequate nutrients present to avoid deficiencies even if I am dieting, under excessive stress, or exercising intensely?
- Is the product of professional quality to assure purity, digestion, and absorption without contaminants or the use of detrimental "cheaper" forms of nutrients?
- Are powerful plant nutrients included for added benefits?

Metabolism Essentials Multi Plus is the result of over 10 years of my personal research towards creating the best formula possible, including key nutrients that are not present in typical multivitamins. I believe the Metabolism Essentials Multi Plus is a great investment in your health, and I think you'll agree. Many individuals have reported renewed energy and improved sense of well-being upon taking Metabolism Essentials regularly.

For Optimum Health,

Rick Tague MD, MPH & TM

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**PROVIDES ESSENTIAL NUTRIENTS
REQUIRED FOR**

Optimal Metabolism & Energy Production

Brain, Heart, & Vision Health

Nutrient Deficiency Prevention

Healthy Aging Support

Research Based Formulation

**This Research-Based Formula is
Only Available from
Tague Nutrition**

 **Dr. Tague's
Nutrition Solutions**
for optimum weight, metabolism & health

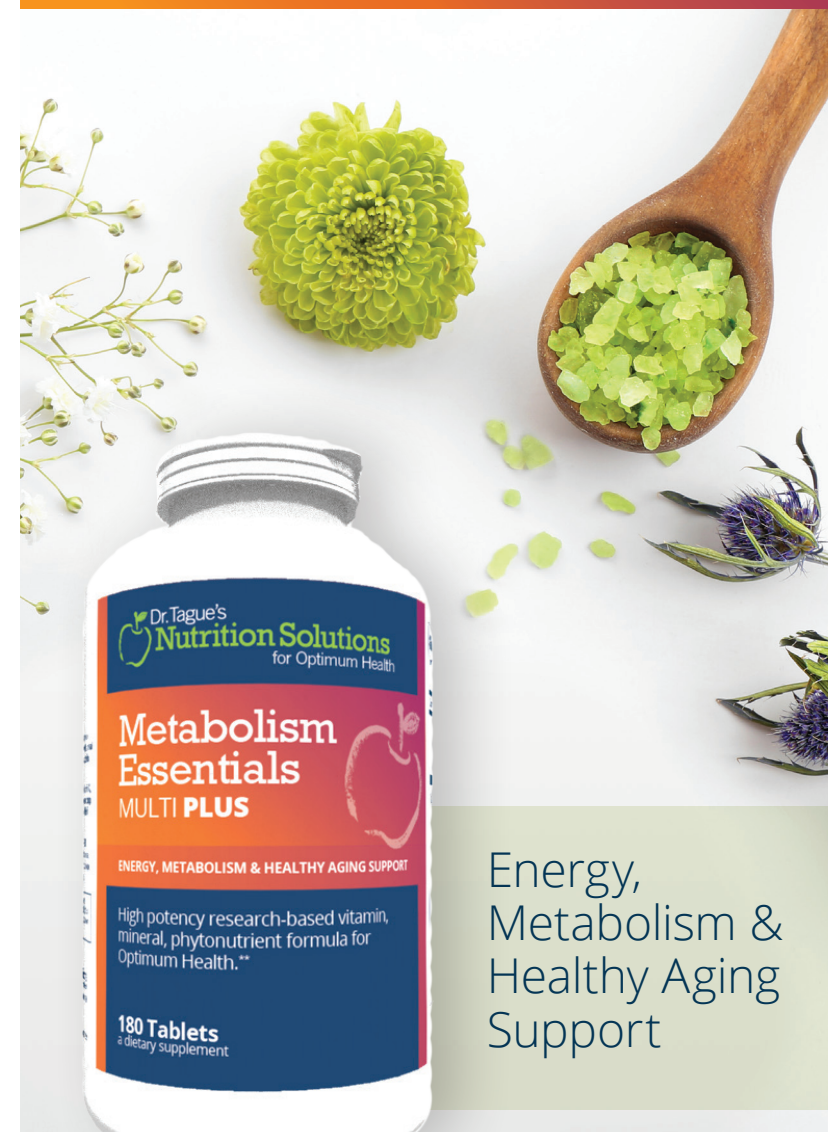
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 **Dr. Tague's
Nutrition Solutions**
for optimum weight, metabolism & health

**Metabolism
Essentials
MULTI PLUS**



**Energy,
Metabolism &
Healthy Aging
Support**

Metabolism Essentials

MULTI PLUS

Metabolism Essentials is the equivalent of a **multivitamin + mineral tablet + B-complex + chromium + vitamin C + vitamin E + Vitamin K-1/K-2 + astaxanthin + lutein + L-carnitine + many others.**

Dosage is 3 tablets twice daily for adults seeking optimal nutrient intake.
Not recommended for those with advanced kidney or liver disease.

METABOLISM SUPPORT



Chromium GTF * 600 mcg - Polynicotinate

Fat burning, muscle gain, healthy blood sugar levels, reduced cravings, weight loss. 600-1000mcg recommended daily.



Iodine 150 mcg - Potassium Iodide

Essential for thyroid health and optimal thyroid function. 150mcg recommended daily.



Vitamin B12 * 1000 mcg - Methylcobalamin

Protection from brain "shrinkage", anemia, neurological disorders, mental decline, fatigue. Supports psychological, brain and heart health.



Magnesium * 250 mg - Ascorbate/Aspartate

Increased metabolism and muscle strength, diabetes support, lower blood pressure, migraine prevention, cell energy, improved mood, intestinal function.



Vitamin B-1 * 50 mg - Thiamine

Helps turn food in to energy. Supports improved mood, clear-headedness, improves reaction time, increased feelings of confidence and well-being. 50mg recommended daily.



Vitamin A 900 mcg - 300 mcg Beta Carotene and 600 mcg Vitamin A

Antioxidant. 900 mcg recommended daily with at least 300 mcg as beta carotene.



Vanadium 300 mcg

Increases uptake of glucose into muscles, improves insulin function.



Acetyl L-Carnitine * 100 mg

Support fat metabolism in cells for more energy. Provides anti-aging support. Helps transport oxygen.

PREVENTION



Vitamin E (Mixed Tocotrienols) 25 mg (from Palm oil)
Alpha/Beta/Delta/Gamma Tocotrienols *

The superior antioxidant form of vitamin E, protects arteries from narrowing, anti-cancer support, a priority form of E.



Vitamin E (Mixed Tocopherols) 67 mg - "mixed"
Alpha/Beta/Delta/Gamma - Tocopherols *

Only take Vitamin E in its multiple forms of alpha, beta, delta, and gamma for maximum heart health benefits. 67 mg is adequate, yet not excessive.



Copper (chelated) 2 mg

Supports bone strength and white blood cells. Superior form is Copper Chelate.



Vitamin B-6 10 mg - Pyridoxal-5-Phosphate (PLP)

10 mg associated with lower colorectal and postmenopausal breast cancer by 20-50%. Repairs damaged DNA. Lowers homocysteine associated with stroke/heart disease.



Folate * 325 mg - Metafolin - L-5-MTHF (not folic acid)

Natural Folate. Heart health. Anti-Cancer support. Avoid vitamins with synthetic "Folic Acid" due to risks of cancer, immune dysfunction, and mental decline.



Vitamin C 500 mg

Healthy blood vessels. Generous dose for immune support!



Vitamin B-2 25 mg of Riboflavin

Lowers homocysteine, a risk factor for heart attack and stroke.



Selenium 100 mcg

Healthy immune system, fertility support, reduced cancer risk. 100mcg recommended daily.



Zinc 30 mg

Strengthens Immune System. Wound healing.

HEALTHY AGING SUPPORT



Astaxanthin * 1,000 mcg

Mental clarity and sharpness, Vibrant skin. Eyesight protection. Supports lower LDL and Triglycerides and improved HDL. Gives the pink color to salmon and shrimp.



Lutein/Zeaxanthin * 4,000 mcg + 1,000 mcg

Shown to help prevent vision loss from age-related macular degeneration, lowering risk by 50%. Fewer cataracts.



Lycopene * 3,000 mcg

Researched for prostate cancer prevention, strengthens immune system. From tomatoes.



Vitamin D-3 2000 IU

Supports muscle and bone strength, heart health, immune system and mood (depression and anxiety). Associated with 50% reduced breast cancer and colon cancer risk.



Vitamin K-1 200 mcg - Phylloquinone

Essential for blood clotting, bone strength, osteoporosis prevention. *Do not take if on Coumandin (Warfarin).



Vitamin K-2 * 80 mcg - Menaquinone-7

Helps keep calcium in the bones and out of the arteries. Associated with lower cancer risk.



Organic Fruit & Vegetable Complex * 200 mg

Phytonutrients from fruits and vegetables have many health promoting benefits, associated with disease prevention. Contains blueberries, spinach, broccoli and a blend of 7 other organic fruits and vegetables.



Alpha-Lipoic Acid * 30 mg

Anti-aging support. Antioxidant.



Choline + Betaine 125 mg + 100 mg

Choline deficiency is common, reduces risk for Alzheimers, dementia, heart disease and stroke. Can prevent fatty liver. Can help heal fatty liver.