# 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 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 M.D., M.P.H. & T.M.

Founder & Medical Director,
The Center for Nutrition & Preventive Medicine
Board certified: American Board of Obesity
Medicine, American Board of Family Medicine.
Tulane School of Medicine: Degrees in Medicine
and Public Health. Member Alpha Omega Alpha
Medical Honor Society.



PROVIDES ESSENTIAL NUTRIENTS REQUIRED FOR

Optimal Metabolism & Energy Production

Brain, Heart, & Vision Health

**Nutrient Deficiency Prevention** 

**Healthy Aging Support** 

Research-Based Formulation

Metabolism Essentials Multi Plus is only available from Dr. Tague's Center for Nutrition & Preventive Medicine

Learn More at

TagueNutrition.com/MetabolismEssentials



Kansas City Clinic 4963 W 135th Street Leawood, KS 66224 **Topeka Clinic** 2840 SW Urish Road Topeka, KS 66614

913-814-8222

785-273-4443

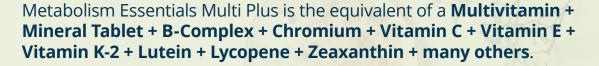
TagueNutrition.com





## Dr.Tague's

## Metabolism Essentials **MULTI PLUS**



Dosage is 2-4 tablets twice daily for adults seeking optimal nutrient intake.

Not recommended for those with advanced kidney or liver disease.



## **METABOLISM** SUPPORT



#### Vitamin A

Beta Carotene & Vitamin A

Supports vision, skin, bones, and immune system



#### Vitamin B-1 🕀

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 B12 🕀

Methylcobalamin

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



Boron 🕀

Support bone health and preservation of healthy sex hormone



#### Chromium GTF (+)

Polynicotinate

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



#### **Iodine**

Potassium Iodide

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



#### Magnesium (+)

Citrate / Chelate

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



#### Vanadium

Metabolism Essentials Multi Plus.

Increases uptake of glucose into muscles, improves insulin

## **PREVENTION**



#### Vitamin B-2

Riboflavin

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



#### Vitamin C

Healthy blood vessels. Generous dose for immune support!



#### Vitamin B-6

Pyridoxal-5-Phosphate (PLP)

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



#### Vitamin E (Mixed Tocopherols) (+)

"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)

Supports bone strength and white blood cells. Superior form is



#### Folate (+)

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.



#### Selenium

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



#### Zinc

Strengthens Immune System. Wound healing.

## **HEALTHY AGING SUPPORT**



#### Vitamin D-3

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-2 🕀

Menaguinone-7

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



#### Alpha-Lipoic Acid 🕀

Anti-aging support. Antioxidant



#### Betaine

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



#### Lutein/Zeaxanthin (+)

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



#### Lycopene (+)

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



### N-Acetyl-L-Cysteine 🕀

Supports healing and rejuvination of cell function, supporting energy levels and immune function.



### Organic Fruit & Vegetable Complex 🕀

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.

