



## ▼ DOSAGE

- Mix 1-2 scoops in 6-12 oz. of your favorite liquid.

## ▼ PACKAGING

- Canister: Net Wt.: 875 - 900 g.

## ▼ PERSPECTIVE

A mainstay of natural health practices is the “breakfast beverage” whereby a person can get a huge array of nutrients via a quick and easy smoothie, as well as calorie reduction compared to a normal meal, plus glucose metabolic stabilization that can help support optimal weight. Such formulas often have a focus on complete protein and thus provide all 20 amino acids, superfoods, and general health tonic nutrients.

## ▼ LIFESTYLE



## #625 METABO-SHAKE (Chocolate)

## #630 METABO-SHAKE (Vanilla)

Metabo-Shake is a highly potent metabolic formula that provides a comprehensive macro and micro nutrient profile. This formula is specifically designed to support the body's natural metabolic processes, especially glucose metabolism and overall nutrition. Using Metabo-Shake along with a balanced diet and moderate physical activity promotes a healthy metabolism, supports the body's natural health-supportive processes.

## ▼ INDICATIONS

- Support normal glucose metabolic activities
- Meal replacement
- Assistance to programs endeavoring to promote optimal weight

## ▼ KEY COMPONENTS

- **Sacha Inchi** – Ranks 98 out of 100 for its Protein Efficiency Ratio and contains all the essential amino acids needed to build muscle. Provides Omega-3 fats which support normal joint health and muscle recovery.
- **Pea protein** – Provides a complete amino acid profile.
- **Hemp** – A complete protein containing all nine essential amino acids, easy to digest.
- **White Kidney Bean** – Has the ability to prevent the digestive enzyme alpha-amylase from breaking down carbohydrates into glucose. Research (*International Journal of Medical Sciences*) shows that people using white bean extract had reduction in body weight, fat mass, and waistline size while maintaining lean body mass.
- **Champex (White Mushroom)** – Studies in hospitals demonstrate that it favorably impacts the intestinal microbiome, with the side benefits of helping to eliminate body odor in the elderly and improving bowel movements.
- **Medium Chain Triglycerides** – A source of energy for the liver. Supports normal weight reduction activities and helps the normal cell protective processes.
- **Bitter Melon** – Research discovered that this fruit supports normal insulin sensitivity of the cell membranes. Its charantin molecules support reduction of dietary glucose absorption.
- **Coconut Oil Powder** – Provides the nutritional benefits of coconut oil. Contains lauric acids, capric acids, and caprylic acids.
- **Borage Oil Powder** – Provides the nutrients of borage oil and all the documented support it provides the body.
- **Calcium** – Supports heart muscle activity and normal blood pressure regulatory processes. Helps maintain an alkaline pH level.
- **Vitamin C** – An essential vitamin that supports the normal blood vessel dilation processes. Antioxidant.

- **Zinc** – Proper functioning of the immune and digestive systems, control of diabetes, reduction of stress levels, energy metabolism, and an increased rate of healing, plays a vital role in protein synthesis and helps regulate the cell production in the immune system of the human body.
- **B Vitamins** – Helps regulate nervous and digestive systems, supports the immune system and aids the body in breaking down protein.

## ▼ CONTRAINDICATIONS

None. Use as directed.

## ▼ CLINICIAN CONSENSUS

- Support of Normal Glucose Metabolic Processes:

#625/#630 Metabo-Shake  
#131 FBR - Fibers  
#79 Ps - Pancreas-s  
#128 CVO<sup>R</sup> - Cardiovascular Oil  
#875 Synulin - Glycemic Balance  
#880 VISTA One - Membrane Rejuvenation  
#882 VISTA Two - Membrane Rejuvenation

## ▼ BACKGROUND

With scientific research pointing the way to key cellular metabolic insights, Dr. Shayne Morris developed a low glycemic, stabilizing, delicious beverage to help the body's normal, cellular glucose metabolic energy processes resulting in this state of the art nutritional beverage to serve the body's dietary and normal cellular energy production activities.

## ▼ SYNERGISTIC CONSIDERATIONS

- #875 Synulin - Glycemic Balance
- #610/#615 Accell Therapeutic
- #131 FBR - Fibers
- #78/#2078 P - Pancreas
- #79 Ps - Pancreas-s
- #32/#2032 Gb - Pituitary/Pineal
- #128 CVO<sup>R</sup> - Cardiovascular Oil
- #195 ZNC - Zinc Chelate
- #870/#871/#872 SPECTRA One & Two - Whole Food, Cell, Multi-Vit/Min/Oil
- #129 #199 DV<sub>3</sub>/VitD<sub>3</sub><sup>LO</sup> - Vitamin D<sub>3</sub> + K<sub>2</sub>

## ▼ INFORMATION RESOURCES

- [www.systemicformulas.com](http://www.systemicformulas.com)