



Metabo-Shake Vanilla

Glycemic Support



Metabolism



Cardio



Whole Body

KEY INDICATIONS

- Impaired glucose metabolism and poor blood sugar control
- Insulin resistance and post-meal glucose spikes
- Metabolic syndrome and central weight gain patterns
- Weight management with appetite dysregulation and cravings
- High carbohydrate intake with poor glycemic control
- Cardiovascular risk associated with metabolic dysfunction
- Low energy and nutrient depletion from poor dietary intake
- Transition from processed, high-sugar dietary patterns

HOW IT WORKS

Metabo-Shake supports glycemic regulation by modulating postprandial glucose and insulin response through balanced macronutrients, fiber-mediated delayed gastric emptying, and reduced carbohydrate absorption. This promotes a slower glucose rise, improved insulin signaling, and reduced glycemic variability. Its ability to enhance cellular glucose uptake and utilization support more stable energy production, while increased satiety signaling helps regulate appetite and reduce cravings during dietary transitions.

CLINICAL PEARLS

- Use as meal replacement (AM or lunch) to stabilize glucose and cravings.
- Combine with **Glucogenic** for cases of insulin resistance and **Metabolic Superfood** to support GLP1-mediated metabolism.
- May cause mild gastrointestinal discomfort during initial use due to fiber content.
- Therapeutic dosing recommended during active weight loss, insulin resistance or unstable blood sugar.



SUPPLEMENT FACTS			
Serving Size: 1 Rounded Scoop (approx. 13 g)		Servings per Container: 67	
Amount Per Serving		Amount Per Serving	
	% DV [‡]		% DV [‡]
Total Calories	47	Proprietary Blend	1600 mg *
Calories from Fat	8.8	Inulin	
Total Carbohydrate	4 g	Glucoooligosaccharides	
Fiber	3.3 g	Medium Chain Triglycerides (Coconut Oil)	
Sugar	0.8 g	Caprylic	
Protein	5.6 g	Capric	
Fat	1 g	Lauric	
Vitamin C (Ascorbate)	11 mg	Borage Oil (EFA's) Powder	
Vitamin E (Mixed Tocopherols)	7.4 mg	Omega-6 Gamma Linolenic Acid	
Thiamin (Vitamin B1)	2.8 mg	Linoleic	
Riboflavin (Vitamin B2)	2.8 mg	Eicosenoic	
Niacin (Vitamin B3)	4.1 mg NE	Docosenoic	
Vitamin B6 (Pyridoxine)	5.8 mg	White Kidney Bean Extract	
Folate	46 mcg DFE	Sea Salt	
Vitamin B12 (Hydroxocobalamin)	1.15 mcg	Enzyme Blend	
Biotin	11 mcg	Bromelain	
Pantothenic Acid (Vitamin B5)	7 mg	Papain	
Calcium (Chelate)	44 mg	Lipase	
Magnesium (Chelate)	44 mg	Bitter Melon	
Zinc	0.85 mg	Gamma Oryzanol	
Selenium	8 mcg	Alpha Lipoic Acid	
Copper	0.17 mcg		
Manganese	225 mcg		
Chromium (Picolinat)	44 mcg		
Potassium	2 mg		
Vanadium (Chelate)	450 mcg		
Mixed Carotenoids	34 mcg		

Other Ingredients: Pea Protein, Sacha Inchi Protein, Natural Vanilla Flavors, Maple Sugar (Organic), Fibersol®-2, Hemp Protein, Flax Seed, Tic Gum, Luo Han Guo, and Stevia. Contains extracts of: Guava, Lemon, Amla, Sesbania, Holy Basil and Annatto.

A/26A

KEY INGREDIENTS & BENEFITS

Pea, Hemp, Flax, Sacha Inchi: This plant-based protein blend provides a complete amino acid profile alongside omega-3, 6, and 9 fatty acids to support satiety, nutrient density, and cardiometabolic health.

Inulin, Glucooligosaccharides, White Kidney Bean Extract, Bitter Melon: These prebiotic fibers and botanical extracts address dietary carbohydrate exposure while supporting a healthy microbiome and glycemic balance.

Medium-Chain Triglycerides (MCTs), Borage Oil, Alpha-Lipoic Acid, Chromium, Vanadium: This combination promotes metabolic flexibility, steady energy production, and inflammatory balance through essential metabolic cofactors and gamma-linolenic acid (GLA).

Amla, Guava, Lemon, Holy Basil, Sesbania, Annatto: This whole-food matrix delivers a diverse array of plant-derived vitamins, minerals, and phytonutrients for targeted micronutrient support.

Bromelain, Papain, Lipase: These digestive enzymes facilitate efficient macronutrient breakdown and utilization to improve metabolic function and nutrient absorption.

ALLERGEN & DIETARY INFO

- cGMP Facility
- Gluten Free
- Non-GMO
- Vegetarian

INSTRUCTIONS

Maintenance dose: 2 scoops daily mixed with water or preferred liquid as a meal replacement

Therapeutic dose: 2 scoops twice daily mixed with water or preferred liquid as a meal replacement

SAFETY & CONTRAINDICATIONS

- Generally considered safe during pregnancy and lactation; supports maternal energy and nutrient needs while contributing to fetal growth and infant development. Use under the guidance of a qualified healthcare practitioner.
- Appropriate for pediatric use under professional supervision; dosing may be adjusted using Clark's Rule (weight-based) and individualized based on age, tolerance, and clinical presentation. Supports growth, energy, digestion, and metabolic balance in children.
- Monitor blood sugar-lowering medications, as the ingredients support healthy glucose regulation and may enhance glycemic control, requiring medication adjustments under provider supervision.

Updated: 5/6/26



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.

