



MetaGlycemX™ features a unique combination of green tea extract, cinnamon, and alpha-lipoic acid, along with a broad foundation of nutrients to be used as part of a healthy diet for maintaining healthy blood sugar levels already in the normal range. Green tea contains epigallocatechin gallate (EGCG), which has been shown to protect pancreatic islet cells and enhances insulin action. Cinnamon is becoming increasingly well-known for enhancing insulin sensitivity. Alpha-lipoic acid is a potent antioxidant that acts as a free radical scavenger and additionally has been shown to support glucose transport to cells. MetaGlycemX also features enhanced levels of other key supportive nutrients—including biotin, chromium, and vitamins C and E—combined in a well-rounded formula for individuals with blood sugar concerns.*

•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.

DIRECTIONS: Take two tablets two times daily or as directed by your healthcare practitioner.

CAUTION: If pregnant or nursing, or taking medications, consult your healthcare practitioner before use. Keep out of the reach of children. Contains caffeine.

*Less than 25 mg per serving



MetaGlycemX™

Advanced Nutritional Support
for Healthy Insulin Activity
& Glucose Levels*

Dietary Supplement

60 TABLETS

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin D (as cholecalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Thiamin (as thiamin mononitrate)	15 mg	1000%
Riboflavin	9 mg	529%
Niacin (as niacinamide)	90 mg	450%
Vitamin B ₆ (as pyridoxine HCl)	9 mg	450%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	150 mcg	2500%
Biotin	2 mg	667%
Pantothenic Acid (as D-calcium pantothenate)	30 mg	300%
Zinc (as zinc glycinate ¹)	9 mg	60%
Selenium (as selenomethionine)	90 mcg	129%
Copper (as copper lysinate HCl)	0.75 mg	38%
Manganese (as manganese citrate)	1.2 mg	60%
Chromium (as chromium polynicotinate)	600 mcg	500%
Alpha-Lipoic Acid	100 mg	
Cinnamon (<i>Cinnamomum burmanni</i> (Nees) and/or	500 mg	
<i>Cinnamomum cassia</i>) Bark Powder		
Catechins	100 mg	
Epigallocatechin gallate (EGCG)	66.5 mg	
[from decaffeinated green tea (<i>Camellia sinensis</i>) leaf]		
L-Carnosine	50 mg	
Taurine	300 mg	

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, silica, stearic acid, calcium silicate, magnesium stearate, and coating (deionized water, microcrystalline cellulose, polyethylene glycol, and carrageenan).

Developed and Manufactured by: **METAGENICS, INC.**
Makers of Professional Quality Supplements
100 Ave. La Pata, San Clemente, CA 92673

www.metagenics.com

¹U.S. Patent #5,516,925