

Alert!

Life-Shortening Obesity is increasing in the United States!

“More than two thirds of adults in America are trying to lose or maintain their weight” according to an October 1999 *Journal of the American Medical Association (JAMA)* article. Despite all the diet and exercise information, as well as continual recommendations from the health industry, obesity is on the rise in the United States and is a major health concern. **Natural Connections** is committed to giving **new hope in the war against weight** through its products and program.

What is Metabolike™ and how can it help?

Metabolike is an **all-natural** proprietary combination of weight loss herbs designed to help increase the body's natural fat-burning ability. The synergistic nutrients assist in **reducing your cravings for sweets and fatty foods**. Metabolike contains the same components found in today's most popular weight loss formulas PLUS additional ingredients to maximize weight loss and provide energy. This energizing weight loss formula contains No Drugs or Artificial Chemicals and clinical studies have demonstrated the safety and effectiveness of ingredients when used as directed.

How does Metabolike™ work?

Metabolike is formulated to increase your body's metabolism providing a thermogenic (heat generating) response, thus assisting your body in weight loss and energy production. Metabolike uses the latest scientific findings to increase your energy and activity levels while you eat fewer calories and **continue enjoying the foods you love**. This exclusive product works with your body's natural systems to help ensure all day vitality. No other formula on the market today has such a comprehensive and generous proprietary blend of nutrients for maximum weight loss and natural energy production. Avoid those afternoon lulls and **when your body demands energy, choose Metabolike**.

Where is Metabolike™ manufactured?

Metabolike™ is manufactured in the United States of the finest materials available including unique exclusive, proprietary combinations of herbs and nutrients. **Only the freshest, quality-assured and tested all-natural nutrients and herbal extracts** are used. These are balanced and blended to **exact specifications** and **natural potency is maximized**. The **ACERIS Certified** manufacturing facilities are regularly **inspected by the FDA** and meet or exceed all U.S. GMP standards for the industry. We want you to know that we attend to every detail thus bringing you superior products. For your health, we are confident that you want and deserve only the **very best**.



Suggested Use:

Before taking, read the product label and follow the directions. Determine if the product is appropriate for you. Do not take if you are under 18 years of age or pregnant.

Start with one tablet. You should experience a decrease in appetite and increase in energy beginning after approximately one hour. You may increase your dose according to your

weight by ½ tablet per serving for every 30 pounds over 150 but not more than a total of two tablets per serving. Do not exceed the recommended amounts for your weight or more than eight (8) tablets per 24-hour period.

Your Weight	Tablets per Serving
120-150 pounds	1
151-180 pounds	1½
181 pounds and up	2

Suggested servings per day: Two (2) to three (3) servings, using the number of tablets in the table, not more than an hour before meals. Servings should be taken not more than an hour before meals and no closer than four hours apart. Take your first serving in the morning before breakfast. Eat an appropriate number of calories for your ideal body weight. In order to avoid difficulty sleeping, it is suggested that the last dose be taken by 4 PM.

For each tablet drink at least 16 ounces of water per day to help your body remove the by-products of fat metabolism (ketones and free fatty acids) and maximize your results. Do not skip meals. Eat smaller meals and choose foods for their nutritional value. If you do not wish to lose weight and are taking Metabolike for energy only, limit yourself to using no more than the maximum serving one time per day. If you experience symptoms from dieting try adding yogurt or a similar product within 5-10 minutes of taking your serving and/or reduce your dose. If symptoms persist, discontinue use.

Combine Metabolike with an eating and exercise program consistent with attaining and maintaining your weight goal. We recommend a minimum of 150 minutes per week of leisure time physical activity broken into multiple sessions.

What are the ingredients in Metabolike™ and their use?

- **Vitamin E** helps the body to reject toxins and battle free radical damage.
- **Magnesium** is vital for cell stabilization and muscle and bone integrity. Magnesium helps maintain normal heart rhythm and blood pressure and is a necessary cofactor in many of the body's enzyme systems.
- **Zinc** (a trace element) is necessary for and essential to superoxide dismutase as part of the normal body mechanism which dampens dangerous free radical chemical reactions.
- **Chromium picolinate** helps insulin **metabolize fat**, turn protein into muscle and **convert sugar into energy**.

- **Mahuang herb extract** (supplying ephedrine alkaloids) has been used to suppress appetite. It promotes thermogenic weight loss and increases energy levels.
- **Guarana seed extract** (supplying caffeine) assists in the natural production of energy.
- **Green tea leaf extract** (supplying caffeine) contains natural catechins (polyphenols) the most important being EGCG (epigallocatechin gallate) a potent antioxidant. Nutritionally supports a normal stomach and immune system. May help maintain normal immune and other cell function in the face of environmental pollution exposure.
- **Kola nut** is a source of natural caffeine.
- **Bee pollen** provides vitamins, minerals, proteins, essential amino acids and enzyme precursors.
- **Damiana leaf** is used to promote the maintenance of normal calmness helping the body counteract anxiety, stress, and nervousness, while supporting natural soothing **relaxation of the nervous system**.
- **Ginger root** stimulates the circulatory system. May aid in maintaining normal cholesterol levels.
- **Gotu kola** is used to support a strong normal circulatory system including heart, veins and arteries.
- **Lecithin** is rich in choline. Recent research has shown that lecithin and choline are essential dietary components of optimal nutrition. Lecithin emulsifies fat, breaks down cholesterol and helps the body **maintain normal cholesterol levels**. Essential liver functions are supported by lecithin's phosphatidyl choline component.
- **Nettle leaf** is used to support the digestive system and assist in normal fluid balance.
- **Sarsaparilla root** helps the body maintain normal homeostatic fluid balance.
- **Bovine complex** is used to support glandular functions.
- **Goldenseal root** assists in maintaining normal digestion and mucous membranes.
- **Royal jelly** is a rich source of pantothenic acid which is part of coenzyme A and is involved in metabolism in the release of energy from carbohydrates, fats, and proteins, and also in the synthesis of amino acids, fatty acids, sterols, and steroid hormones.
- **Ginseng root** is an adaptogen promoting normal mental sharpness and physical vigor.
- **Spirulina algae** is used for energy.
- **White willow bark** has anti-inflammatory activity.
- **Yerba mate leaf** is used for fluid balance, in maintaining normal cholesterol and weight and maximizing energy (traditional use in Argentina, Uruguay, Paraguay and southern Brazil).

Metabolike™

Everyone knows that Mother Nature has her way. But this time she's on your side.

Choose Natural Connections nutritional supplements for health and peace of mind.

Take control and experience what Metabolike can do for you!

To Order:

Contact your Independent

Natural Connections Metabolike Distributor.

Guarantee:

100% Retail Money Back Guarantee. We guarantee your satisfaction or you may request a refund by returning the unused portion within 30 days of purchase to your Metabolike Independent Distributor.

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1-877-WEB-DIET <http://www.metabolike.net>
1-800-297-7341 <http://www.naturalconnections.com>



Supplement Facts		
Serving Size 1 Tablet		
	Amount per serving	% Daily Value
Vitamin E (as dl-alpha-tocopheryl acetate)	30 IU	100%
Magnesium (as magnesium oxide and magnesium amino acid chelate)	75 mg	19%
Zinc (as zinc citrate and zinc amino acid chelate)	5 mg	33%
Chromium (as chromium picolinate)	200 mcg	167%
Proprietary blend	750 mg	*
Guarana seed extract (supplying 40 mg caffeine), mahuang herb extract (supplying 12 mg ephedrine alkaloids) (aerial parts), green tea leaf extract (supplying 10 mg caffeine), kola nut (supplying 10 mg caffeine), bee pollen, damiana leaf, ginger root, gotu kola leaf, lecithin, nettle leaf, sarsaparilla root, bovine complex, goldenseal (aerial parts), ginseng root, royal jelly (from 3.5x concentrate), spirulina algae, white willow bark, and yerba mate leaf		

*Daily Value not established
Other Ingredients: dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, stearic acid silica, magnesium stearate, and pharmaceutical glaze.

SUGGESTED USE: As a dietary supplement, orally, adults, ONE to TWO tablets two to three times per day, or every four hours, on an empty stomach one hour before meals. DO NOT EXCEED EIGHT TABLETS PER DAY (24 HOUR PERIOD).
CAUTION AS WITH ANY DIETARY SUPPLEMENT, SEEK ADVICE FROM A HEALTH CARE PRACTITIONER PRIOR TO USE IF YOU ARE NURSING, OR IF YOU HAVE HIGH BLOOD PRESSURE, HEART OR THYROID DISEASE, DIABETES, DIFFICULTY IN URINATION DUE TO PROSTATE ENLARGEMENT, OR IF TAKING A MAO INHIBITOR OR ANY OTHER PRESCRIPTION DRUG, OR INTEND ON TAKING TO REDUCE WEIGHT. REDUCE DOSING IF NERVOUSNESS, TREMOR OR NAUSEA OCCUR. NOT INTENDED FOR USE BY PERSONS WHO ARE PREGNANT OR UNDER THE AGE OF 18. KEEP OUT OF THE REACH OF CHILDREN.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Metabolike™

DIET & ENERGY

Energizing Thermogenic Weight Loss System

