



diet Metabo-7™

It's All About Mood & Metabolism

It's incredibly difficult to stay committed to a weight loss program—to change the eating habits of a lifetime and resist “emotional overeating.” You need a weight loss program that helps you break the unhealthy cycle of dieting and losing—followed by bingeing and gaining back.



S O U R C E N A T U R A L S ®

Strategies for WellnessSM

We can't stop the Yo-Yo®, but we can give you a fighting chance.

DIET METABO-7 supports seven body systems related to successful weight loss, including cellular energy generation and metabolism, and neurotransmitter production to support calmness, drive and determination.

DIET METABO-7 SUPPORTS SEVEN BODY SYSTEMS

Your body is composed of complex interactive systems that work on many levels. Likewise, the nutrients in DIET METABO-7 target specific body systems and the connections between them. This full spectrum nutritional formula helps instill balance and harmony by addressing seven interrelated systems whose healthy function is necessary for successful dieting: the brain and nervous system, metabolic energy, liver, thyroid, blood sugar levels, adrenals and fluid balance.

MOOD MANAGEMENT: A POSITIVE ATTITUDE

DIET METABO-7 can help you change your habitual response to eating and start making healthy food choices. A key strategy involves the production of neurotransmitters, the brain chemicals that regulate your nervous system. When certain neurotransmitter levels are low in your brain, you may feel depressed. You crave simple carbohydrates and sugars from bread, pasta or candy—because when the brain is low in mood-enhancing neurotransmitters, it does whatever it can to increase them. It will cause you to crave those foods that produce the building blocks your body uses to raise those neurotransmitter levels.

DIET METABO-7 provides specific vitamins and amino acids necessary for your brain to make norepinephrine, serotonin, dopamine and GABA, the major neurotransmitters that help regulate mood and attention, support clear focus and active calm, and affect drive and determination.

Included are the amino acids tyrosine, glutamine, phenylalanine and GABA. For example, the brain uses phenylalanine and tyrosine to manufacture norepinephrine. Increased amounts of norepinephrine can block the drive to eat and may help provide a sense of well-being.

METABOLIC ACTIVATORS: HERBAL ENERGIZERS

To support a sustained reduction of body fat, it's helpful to increase metabolism via exercise and herbal stimulation while lowering caloric intake by curbing appetite. High doses of stimulants, however, are counterproductive and can make you nervous and irritable. To avoid being overly stimulative, DIET METABO-7 is formulated with appropriate amounts of herbal metabolic activators that promote calorie burning and suppress appetite.





Used since ancient times in India to support health, *Sida cordifolia* contains a profile of naturally occurring ephedrine alkaloids that act as stimulants to promote the metabolism of fat. This thermogenic effect is augmented by the natural caffeine contained in standardized extracts of green tea, yerba mate, and kola nut. Also included are specific B vitamins essential to the production of energy from the breakdown of fats and carbohydrates.

HELPING THE LIVER: DETOXIFICATION AND CIRCULATION

One of the most overworked organs is the liver, the body's chief manufacturing and detoxification plant. It constantly regulates the levels of chemicals circulating throughout the bloodstream and plays a key role in breaking down fat and eliminating waste products. The amino acid *N*-acetyl cysteine is an antioxidant that strongly supports liver function. Your liver needs it to make glutathione, a crucial detoxifying substance used to remove harmful compounds from your bloodstream.

Optimal metabolic energy depends on healthy circulation, especially while dieting, when the bloodstream is delivering excess waste products to the liver for removal. To help maintain a healthy circulatory system, **DIET METABO-7** includes standardized extracts of ginkgo and horse chestnut. In use for centuries, these botanicals have been the subject of numerous chemical and pharmacological investigations.

THE THYROID: YOUR BODY'S THERMOSTAT

Your thyroid gland produces hormones that control how quickly you burn calories and use energy. Tyrosine is an amino acid building block of thyroid hormones. Low blood levels of tyrosine have been associated with the underproduction of thyroid hormones. Kelp and bladderwrack provide natural sources of iodine, the basic substance of thyroid hormones.

STABILIZING BLOOD SUGAR: CONTROLLING MOOD SWINGS

An important strategy of **DIET METABO-7** is to minimize the changes in blood sugar levels that can cause unwanted mood swings, which diminish your physical and mental energy. Chromium, an essential mineral, is important to carbohydrate and fat metabolism and tends to increase insulin efficiency. It helps stabilize blood sugar levels and keep you on an even keel.

DEALING WITH THE STRESS FACTOR

Dieting often adds more stress to your life, and stress hormones affect the mind and body in many ways. They disrupt liver function and blood sugar levels, which lowers energy production in the brain, adversely influencing mood and motivation. Because your adrenals need extra attention, DIET METABO-7 helps nourish these hardworking glands with pantothenic acid and ascorbic acid, both necessary for healthy adrenal function. Also, pantothenic acid provides additional support for energy generation during dieting.

WATER BALANCE

Potassium is an essential mineral with many functions, including the transmission of electrical impulses in the brain. It works with sodium to control the body's water balance. Dieting tends to deplete potassium levels in the body, therefore DIET METABO-7 replenishes this vital nutrient.

THE WEIGHT IS OVER

DIET METABO-7 provides necessary cofactors to balance body systems involved with healthy weight management. When used with the Maximum Metabolism Weight Loss Plan and exercise program, Source Naturals DIET METABO-7 may help you achieve your goal of a healthy and more vibrant life.

References

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SOURCE NATURALS

Strategies for Wellnesssm

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