

Abundant Metabolism

HEALTHY WEIGHT SUPPORT

HELPS BURN FAT AND REMOVE FAT-SOLUBLE TOXINS FOR HEALTHY WEIGHT*



ABUNDANT METABOLISM. WITH L-CARNITINE FUMARATE, MCT & KELP: POTENT FORMULA, CONVENIENT DOSAGE, & PROMPT RESULTS*

Adequate cell energy is needed for full vitality. **Abundant Metabolism's** 100% l-carnitine fumarate, GABA, and kelp in MCT are interactive keys to robust cell energy.*

This formula is particularly important if you:

- Want enhanced vitality*
- Need help metabolizing fatty foods*
- Eat on the go
- Drink alcohol, and/or
- Consume sugary/ artificially sweetened beverages.

Abundant Metabolism is a high potency formula especially designed to support:

1. Effective fat metabolism*⁴
2. Exercise benefits and reduce workout recovery*⁴
3. Appetite support* and
4. Heart muscle function and heartbeat regularity.*^{2,5}

With long-term use of **Abundant Metabolism**, its cumulative benefits can help support:

1. Healthy triglycerides (blood fats) levels*^{1,5}
2. Healthy weight*⁵
3. Memory and attention span*³
4. Mood and mental stability*³
5. Energy production with less "hypoglycemia" risk*¹
6. Resilience*¹ and
7. Sperm health, motility, and function.*^{1,5}

Regular use of **Abundant Metabolism** "cleans up" detoxification pathways.*

L-CARNITINE FUMARATE BENEFITS

- Transports fuel into cells and waste products out of cells.* Fats are usually the main energy sources of your muscles, heart, and brain. These cells contain the most L-carnitine. Adequate L-carnitine is needed to convert fats into energy. **Abundant Metabolism** also protects the heart, brain, liver, and kidneys from toxic chemicals.* It is designed to work with **Abundant Energy/Muscles/Heart (CoQ10)** for enhanced benefits.
- Supports cardiovascular health by supporting enhanced fat burning.* You gain energy production from both fat and fumarate metabolism. Excess metabolic cell acids that interfere with metabolism and reduce vitality are neutralized.* This enhances enzyme functions that metabolize sugars, starches, and other carbohydrates.*
- Removes toxic fatty acids from the mitochondria.* Energy production is enhanced.*
- Quicker post-workout recovery.* Lactic acid does not build-up, and actin/myosin damage in muscles is prevented.* It works synergistically with **Abundant Gut/ Energy**.
- Increases glutathione production, a key nutrient in detoxification.*
- Increases cell energy.* L-carnitine fumarate "shovels biologic coal (free fats) into the mitochondrial cell furnace." This increases both fat metabolism and cell energy.* Without the "L-carnitine shovel," the furnace

stops burning fat efficiently. Your metabolism slows, fat accumulates, and weight is harder to manage. It is designed to work with **Abundant Glucose Regulation** for better sugar and fat metabolism and healthy weight management support.*

- Associated with mental states of calm and serenity.*
- GABA can aid sleep, improve mood, and prevent psychological causes of overeating. Those with GABA deficiency tend to overeat to counteract the stress and anxiety in their lives.*
- Vital for muscle relaxation, healthy growth hormone production and maintaining lean muscle mass.*

KELP EXTRACT BENEFITS

- Contains a special algin fiber (alginate) that absorbs toxins in the digestive tract and facilitates their elimination.*
- Improves digestion, reduces toxin exposure to the kidney and enhances circulation.
- Supports the immune system and combats inflammation.*
- Is a super source of vitamins and minerals including iodine, calcium, folate, vitamin K, vitamin A, calcium, iron and magnesium.
- Acts as a fat blocker inhibiting the absorption of fat from the gut.
- Provides superior hormone-balancing properties especially supporting the thyroid gland.

MCT BENEFITS

Medium chain triglyceride (MCT) soaks up cell acids. Transport of L-carnitine, GABA, and kelp are enhanced. In addition, MCT increases energy expenditure.* MCT also supports weight management.* Eating satisfaction is enhanced; overeating is more easily avoided.*

TURMERIC BENEFITS

Turmeric, with its brilliant yellow color from curcumin, is a protective antioxidant.* Our source for turmeric is the root of *Curcuma longa*, a plant in the ginger family.

Abundant Metabolism's patent pending formula is designed to work synergistically with our other products, particularly **Abundant Multi**, **Abundant C**, **Abundant Brain/Omegas**, and **Abundant Glucose Regulation** for even more effective and enhanced endurance.*

REFERENCES

1. Solfrizzi V, Capurso C, Colacicco AM, D'Introno A, Fontana C, Capurso SA, Torres F, Gadaleta AM, Koverich A, Capurso A, Panza F. Efficacy and tolerability of combined treatment with L-carnitine and simvastatin in lowering lipoprotein(a) serum levels in patients with type 2 diabetes mellitus.
2. Profound reduction in elevated triglycerides is reported when 900 mg. of l-carnitine was taken over just 3 months (N=18). Maebashi et. al., Lipidlowering effect of carnitine in patients with Type IV hyper-lipoproteinemia. *Lancet*, October 1978, pg 805-807.
3. Ames BN, Liu J. Delaying the mitochondrial decay of aging with acetylcarnitine. *Ann N Y Acad Sci* 2004 Nov;1033:108-16
4. Carnitine increases endurance and exercise tolerance, typically within two months from 750 mg. twice daily. If you don't notice any performance improvement in two (2) months, the supplementation is not needed. Marconi et. al., Effects of L-carnitine loading on the aerobic and anaerobic performance of endurance athletes. *Eur J Appl Physiol* 1985; 54(2):131-135.
5. MCT has shown effect in helping with weight management. St-Onge MP, Jones PJ. Physiological effects of medium-chain triglycerides: potential agents in the prevention of obesity. *J Nutr* 2002; 132(3):329-332.
6. Powers ME, Yarrow JF, McCoy SC, Borst SE. Growth hormone isoform responses to GABA ingestion at rest and after exercise. *Med Sci Sports Exerc.* 2008. Jan;40(1):104-10.
7. Georg Jensen M1, Kristensen M, Astrup A. Effect of alginate supplementation on weight loss in obese subjects completing a 12-wk energy-restricted diet: a randomized controlled trial. *Am J Clin Nutr.* 2012 Jul;96(1):5-13.

TWO (2) ABUNDANT METABOLISM SOFTGELS PROVIDE

ENERGIZED NUTRIENTS

L-carnitine (from 862 mg. of L-carnitine fumarate).....	500 mg.
Gamma aminobutyric acid (GABA)	200 mg.
Alginate (kelp extract).....	40 mg.
Phosphatidylcholine, inositol, ethanolamine	400 mg.
Maltitol	70 mg.
Medium Chain Triglycerides (MCTs from raw palm fruit).....	400 mg.
Yellow beeswax.....	50 mg.
Kosher gelatin	500 mg.
Glycerin (vegetable).....	60 mg.
Water	20 mg.
Turmeric powder	12 mg.

OTHER INGREDIENTS: NONE

WARNING

Pregnant and nursing mothers need to check with their health professional before taking supplements.

TYPICAL DOSAGE

As a dietary supplement, take two (2) softgels one (1) to four (4) times a day or as directed by your health professional. May be taken with or without food.

Available in bottles of 150 softgels.



3715 Strawberry Plains Road, Suite 5, Williamsburg, VA 23188 • 757-221-7074 • www.tnawc.com

*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.