

Metabol Complex

Multi-Action Metabolic Support*

Metabol Complex contains a formulation of Black Cumin, Fenugreek, Cinnamon and Bitter Melon to support metabolic systems in the body.

These ingredients are traditionally used in Ayurveda to:

- ✓ Help support the metabolism of fats and sugars
- ✓ Help support normal pancreatic and liver function
- ✓ Help relieve occasional indigestion symptoms, including bloating and flatulence
- ✓ Support antioxidant activity against free radicals formed in the body during normal metabolism and exposure to environmental factors
- ✓ Promote general well-being and vitality*

Metabol Complex is a multi-action formula with a combination of traditional herbs to help support metabolic systems in the body.*

Metabol Complex and Digestive Support

The ingredients used in Metabol Complex were specifically chosen for their pungent, bitter and warming qualities, which provide a balancing effect to the over-sweet, fatty and heavy typical Western diet that slows down digestion and normal metabolic processes.²

The herbs contained in this formulation are traditionally used for maintaining good “digestive fire.” Digestive fire is considered to be the body’s ability to catabolize and metabolize carbohydrates, protein, fats and nutrients from food, which is crucial to maintaining good metabolic health.²



M1610 90 Tablets

Suggested Use:

1 tablet 3 times daily, or as directed.

Supplement Facts		
Serving size:	1 Tablet	
Servings per container:	90	
	Amount per Serving	%DV
Calcium	37 mg	2%
Fenugreek seed 100:1 extract from <i>Trigonella foenum-graecum</i> seed 10 g Containing 4-Hydroxyisoleucine 20 mg	100 mg	†
Black Cumin seed 5:1 extract from <i>Nigella sativa</i> seed 500 mg	100 mg	†
Bitter Melon fruit 6.5:1 extract from <i>Momordica charantia</i> fruit 600 mg	92.3 mg	†
Cinnamon stem bark 12:1 extract from <i>Cinnamomum verum</i> stem bark 1 g	83.3 mg	†
† Daily Value (DV) not established.		

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, croscarmellose sodium, magnesium stearate, hypromellose, dextrin and silicon dioxide.

Caution: Contraindicated in pregnancy. Not to be used during lactation unless otherwise directed by a qualified health care professional.

Traditional Use

Black Cumin seed (*Nigella sativa*), often referred to as the “seed of blessing,” has been used for centuries as a spice and remedy. Black Cumin is traditionally used to help the liver metabolize fat, and as an effective carminative on the intestines, providing relief of mild bloating and flatulence.

Fenugreek seed (*Trigonella foenum-graecum*) has a range of constituents including 4-hydroxyisoleucine: a unique amino acid compound only found in some plants. Research suggests 4-hydroxyisoleucine has beneficial properties on glucose and lipid metabolism.^{1*} Fenugreek seed has a long history of use as a culinary spice in many cultures and is used in Ayurvedic tradition to support nourishment of the pancreas with its pungent and penetrating quality in clearing metabolic waste.

Bitter Melon fruit (*Momordica charantia*) is used in Ayurveda to enkindle the digestive fire and clear metabolic accumulations due to its bitter and pungent energy. Traditionally used to support normal pancreatic function, and the body’s ability to metabolize fats and sugars.

Cinnamon bark (*Cinnamomum verum*) in Western and Ayurvedic herbal tradition is known to help generate heat and relieve symptoms of cold, sluggish digestion as well as promote vitality.

How Metabol Complex Supports Your Health:



Supports a modern lifestyle:

- For those who may have concerns about their diet, energy levels and to support general well-being.*
- Can be used in conjunction with a healthy diet and exercise to support normal metabolism and weight management.*



Supports healthy digestion:

- For those individuals presenting with occasional symptoms of indigestion.*



Pancreatic and liver support:

- Patients seeking to support pancreatic and liver function.*

References

- ¹ Zaid H, Silbermann M, Ben-Arye E et al. *Evid Based Complement Alternat Med* 2012; 2012: 349040
- ² Pole S. *Ayurvedic Medicine: The Principles of Traditional Practice*. London: Singing Dragon; 2013.

MediHerb Quality Choice

Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing to bottle to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.



Please consult the product packaging label for the most accurate product information.

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