



# RENEWAL METACORE™

CERTIFIED ORGANIC CLINICAL MULTI-CARE GREENS



The statements in this brochure have not been evaluated by the Food and Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease.

SOURCED & CRAFTED BY  
**INNATE**  
RESPONSE FORMULAS

## THE S.A.D. DILEMMA...

Research and studies are pointing the finger at the Standard American Diet (S.A.D.) for a countless range of conditions. Frequently processed, prepared or fast “foods” laden with chemicals, preservatives and GMOs, the S.A.D. consists of fiberless carbohydrates, poor quality and/or unnatural fats, and refined proteins. The S.A.D is calorie excessive, and is also glaringly deficient in the vast array of whole foods abundant with the micronutrients and phytochemistry that, until recent history, comprised the majority of human nutrition for millennia.

It is a striking fact: cultures that eat the reverse of the standard American diet – i.e. plant-based, low in saturated fat, and high in complex carbohydrates and fiber – have a lower incidence of cancer and coronary artery disease (CAD). The dietary imbalances and nutritional deficiencies of the S.A.D. are directly linked to many of the challenges facing our patients today. The majority of S.A.D. patients are starving; not for calories, but rather for balanced and complete nutrition.

### The Standard American Diet:

- High in protein
- High in unhealthy fats:  
saturated, hydrogenated
- Low in fiber
- High in processed foods
- Low in complex carbohydrates
- Low in plant based foods

### Americans consume:

- 1.5 servings of vegetables and less than one serving of fruit daily. A far cry from the 5 to 9 serving daily that is suggested by many leading health organizations.
- Between 1.5 to 2 times the daily recommended intake of protein (Journal of Nutrition).
- Over 300% below the need for whole grains (fiber).
- Over 200% below for green foods, orange foods and legumes.

Many researchers have stated that the associated erosion of agro-biodiversity and the resulting simplification of the human diet have contributed to the current state of the S.A.D. patient. Compounding the problem further is the state of conventional produce available. Conventional foods have been shown countless times to have less nutrition than certified organic fruits and vegetables. The shortcomings of food choices, conventional produce and refinement of typical foods consumed are all factors contributing to the S.A.D. dilemma. Up until now, the whole food solution for S.A.D. patients has been difficult to achieve.

## ...IT'S TIME FOR A BETTER SOLUTION.

The foods in the S.A.D. are refined so it comes as no surprise that they are devoid of three essential elements: fiber, the omega-3 and -6 oils, and the diverse array of phytochemicals from whole foods; these keys to optimal health are stripped away through refining and modern processing methods. These nutritional deficiencies are taxing the physiology of S.A.D. patients, and are the inadequacies and excesses at the root of S.A.D. patients' health; nutrition must be authentically addressed in order to reestablish the basis for optimal health. The cornerstone to a complete foundational protocol requires that macro and micronutrient needs be met; this is the challenge we undertook.

The solution had to be certified organic, taste great, be nutritionally complete and worthy of use in a clinical environment. With over two years in the making, we have achieved these goals. We are proud to introduce Renewal MetaCore™.

**Renewal MetaCore™  
provides nutritional support for:**

Anti-aging  
Body composition  
Cardiovascular health  
Cholesterol health  
Detoxifying weight management  
Endocrine health  
Immune health  
Low glycemic blood sugar support

Providing 25 organic fruits, vegetables and botanicals, low glycemic, clinical-strength Renewal MetaCore is the first green food designed to support both the macro and micronutritional deficits of the S.A.D.. Also the first gender specific green food formula to be certified organic, Renewal MetaCore is designed from this simple premise:

**whole food = real results**

Each multi-care formula is crafted with researched dosages of over 25 certified organic fruits, vegetables and botanicals, including gender specific adaptogenic herbs, all designed to work in unison for a complete solution. Providing whole food sources of protein, fiber and omega oils from hemp, macro and micronutrients, and the complex and diverse mixture of plant compounds, Renewal MetaCore delivers the nutrition for which S.A.D. patients are starving.

Renewal MetaCore taken in conjunction with certified organic Clinical MetaCore meal replacement offers the extraordinary solution for powerful fruits, vegetables and clinical meal support.

## RENEWAL METACORE™:

Renewal MetaCore stands apart from other green food formulas for a multitude of reasons, and our commitment to organic whole foods is just the beginning. This line of superior certified organic green food formulas was developed over the course of nearly two years of diligent research, trial formulations and thorough input from healthcare and nutrition professionals. Designed to nutritionally support body composition, anti-aging, healthy detoxification, immune and cardiovascular health, as well as healthy cholesterol and blood sugar levels, Renewal MetaCore is a multi-care formula that replaces several products by providing in each serving:



- 25 certified organic, nutrient-dense fruits, vegetables and botanicals
- Anti-aging, antioxidant whole food vitamin blend
- Gender specific adaptogenic botanical blends
  - Endocrine blends for men and women
  - Detoxifying and rejuvenating blends
- 3 billion probiotics
- 2 grams of hemp protein providing:
  - Soluble and insoluble fiber
  - Omega oils in the perfect ratio
- 3.5 grams of greens
- Digestive enzymes, featuring CereCalase®

**Renewal MetaCore is the only green food available that specifically and thoroughly addresses the needed solutions to the S.A.D. dilemma.**

Not only does the S.A.D. patient typically consume far less servings of fruits and vegetables than they need, but also lack the biodiversity of a broad range of fruit and vegetable consumption. In fact, today about 17% of plant species account for 90% of the world's food supply, most of this representing grains. In a telling fact of the 12 micronutrients in wheat almost 90% of the nutrition is removed (Levin, 2006).

## MULTI-CARE SOLUTIONS

All of the Renewal MetaCore formulas are delivered with enzymes critical to the digestion of whole food fiber, as well as CereCalase® Enzymatic Nutrient BioRelease™ Blend, the ultimate enzyme system for unlocking and maximizing nutrition from whole foods.

Nutrition from whole foods can easily be absorbed when available; unfortunately, availability of nutrients from whole foods can be locked within the cellular structure of the whole foods consumed. Since the human digestive system does not have enzymes to break down fiber, nutrients may be locked within the plant fiber and remain unused as they pass through the digestive tract. It is critical that whole food formulas provide an enzyme system so these nutrients are available for utilization.

CereCalase is an exclusive combination of hemicellulase, beta-glucanase and phytase. These three enzymes are commonly found in many vegetables, legumes and botanicals; together, they carry the essential enzymatic energy factor to break down the fibrous nature of plant cell walls and unlock the valuable nutrition. This provides Renewal MetaCore with the maximum level of available nutrients for absorption. The CereCalase enzyme system ensures the ultimate nutrient bioavailability and utilization for S.A.D. patients.

### Digestive Enzyme Blend

Amylase, cellulase, pectinase,  
glucoamylase, lipase, protease,  
invertase

### Featuring

The CereCalase® Enzymatic  
Nutrient BioRelease Blend:

Hemicellulase, beta-glucanase,  
phytase



All formulas are also available  
in single serve bottles.

CereCalase is a registered trademark of National Enzyme Company, Inc.

# WOMEN'S RENEWAL METACORE™

## Supplement Facts

Serving Size 12 grams (1 scoop)

Servings per Container 30

**Amount per Serving**  
Calories 35

Calories from Fat 3

		% Daily Value †
<b>Total Fat</b>	<1 g	1 %
<b>Total Carbohydrate</b>	8 g	3 %
Dietary Fiber	4 g	16 %
Soluble Fiber	1 g	
Sugars	4 g	
<b>Protein</b>	2 g	4 %
Vitamin A* (Beta Carotene)	1000 IU	20 %
Vitamin C*	30 mg	50 %
Vitamin D*	30 IU	8 %
Vitamin E*	15 IU	50 %
Thiamine (B1)*	1 mg	66 %
Riboflavin (B2)*	1 mg	58 %
Niacinamide*	3 mg	15 %
Vitamin B6*	1 mg	50 %
Folate*	80 mcg	20 %
Vitamin B12*	2.5 mcg	42 %
Pantothenate*	2 mg	20 %
Calcium	30 mg	3 %
Magnesium	20 mg	5 %
Manganese	300 mcg	15 %
GTF Chromium*	35 mcg	29 %

<b>Detoxifying Greens Blend</b>	<b>3,500 mg</b>	<b>**</b>
Organic Barley Grass, Organic Spirulina, Chlorella		
<b>Cold-Milled Organic Raw Hemp Seed Protein</b>	<b>2,000 mg</b>	<b>**</b>
<b>Organic Inulin Soluble Fiber</b>	<b>1,350 mg</b>	<b>**</b>
<b>PhytoDynamic™ Anti-Age Blend</b>	<b>1,345 mg</b>	<b>**</b>
Organic Broccoli, Organic Spinach, Organic Kale, Organic Apple, Organic Tomato, Organic Lemon Peel, Organic Carrot, Organic Strawberry, Organic Parsley, Organic Raspberry, Organic Cranberry, Organic Blueberry, Organic Pomegranate, Organic Onion		
<b>Balanced Omega Oils (from Organic Hemp Seed)</b>	<b>180 mg</b>	<b>**</b>
<b>Women's Rejuvenative Blend</b>	<b>160 mg</b>	<b>**</b>
Organic Eleuthero Root, Organic Milk Thistle Seed, Organic Yellow Dock Root, Organic Dandelion Root		
<b>Women's Endocrine Restorative Blend</b>	<b>105 mg</b>	<b>**</b>
Organic Ashwagandha Root, Organic Astragalus Root, Organic Shiitake Mushroom, Organic Holy Basil Leaf, Organic Schizandra Berry		
<b>Digestive Enzyme Blend</b>	<b>34 mg</b>	<b>**</b>
(Amylase, Cellulase, Pectinase, Glucoamylase, Lipase, Protease, Invertase)		
<b>CereCalase® Enzymatic Nutrient BioRelease™ Blend</b>	<b>15 mg</b>	<b>**</b>
(Hemicellulase, Beta-glucanase, Phytase)		
<b>Non-Dairy Probiotics</b>	<b>3 Billion Cells††</b>	<b>**</b>
(Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus rhamnosus, Lactobacillus casei)		
† Percent Daily Values are based on 2,000 calorie diet		
** Daily Value not established		

**Other Ingredients:** Organic Milled Evaporated Cane Juice, Organic Whole Brown Rice\*, Organic Lemon Peel\*, Organic Carrot\*, *Saccharomyces Cerevisiae*\*, Organic Broccoli\*  
CereCalase® is a registered trademark of National Enzyme Company, Inc.

\* True Active™ FoodState®

†† At time of manufacture

**Innate Response Guarantee:** Ingredients in Renewal MetaCore are certified organic, grown purely, not chemically. Guaranteed to be FREE of gluten, corn, dairy, preservatives, artificial sweeteners or synthetic ingredients.

Renewal MetaCore greens supplies 12 grams of certified organic fruit and vegetable nutrition.

The drying process for the nutrients in Renewal MetaCore greens Refractance Window® drying\* preserves the vital nutrients that almost all other green formulas lack.

(\*Trademark owned by MCD Technologies, Inc.)

Every Renewal MetaCore green blend provides specific botanicals for each gender & age specific formulation.

Nutrients can be locked within the cellular structure of whole foods. CereCalase® enzymatic action unlocks valuable nutrition.

\*CereCalase is a registered trademark of National Enzyme Company, Inc.

Tested and confirmed to be free of gluten, soy, dairy and anything synthetic.

Although many formulas contain organic ingredients, certified organic guarantees the ultimate commitment to be free of herbicides and pesticides of any green food formulation.



Green foods are the key to optimal detoxification. Green foods are rich in chlorophyll and structurally resemble hemoglobin found in the blood, purifying and cleansing the way only green foods can.

Many green formulas contain fillers, such as lectin (usually derived from soy), apple pectin, oat bran or rice bran. Renewal MetaCore does not contain fillers and provides hemp seed protein as the ultimate nutritional base.

The organic fruit & vegetable blend in Renewal MetaCore is second to none. This phytochemical blend provides fruit & vegetables that contain phytochemistry from each and every category of phytonutrients, delivering the most complete antioxidant protection of any green formula available today.

One of the keys to optimal health are adaptogens. Adaptogens help to balance the endocrine system, which in turn influences almost every cell, organ and function of the body.

# UNSURPASSED DRYING TECHNOLOGY = NUTRIENT RETENTION

Whole foods are important to health; quality whole foods are integral. The vitamin and minerals delivered in Renewal MetaCore are gently dried with Refractance Window® (RW) drying, a method superior to other drying techniques used today. The only self-limiting drying process available, RW™ drying uses moderate temperatures and is also the only drying technology that allows fresh foods to retain their inherently exceptional level of nutrients, actives, color, flavor and aroma. The only clinical strength green food formula using this patented drying technology, certified organic Renewal MetaCore is able to ensure the highest whole food potency of any green formula available today.

Using proprietary heat transfer technology to gently and efficiently remove moisture from delicate fruits and vegetables, RW drying also prevents oxidation of the raw materials. Fruits and vegetables (the material) containing up to 90% moisture are placed on the upper surface of the dryer's conveyor belt (the medium), floating on the surface of warm water; a "window" is created along the point of contact between the material and the medium. The RW patented principle of operation transmits infrared energy in the water directly through the conveyor belt into the fruit or vegetable to be dried, ensuring a gentle drying process. As the fruit or vegetable dries, the "window" that allowed the passage of infrared energy literally closes when it reaches 3-5% moisture, protecting the vital constituents of the whole food. This bounces the majority of the infrared heat back into the water, leaving only conductive energy as the drying means. Infrared energy and conducted energy permit gentle drying at atmospheric pressure rather than under a vacuum. In preventing degradation of nutrient content, RW drying preserves the levels and biological activity of both the micro and macro constituents.

**To see the dramatic self-limiting technology of Refractance Window drying:** fill a glass halfway with lukewarm (95-97°F) water. Place your index finger on the outside of the glass below the water line and peer through the top of the water; you will not be able to see your finger on the outside of the glass through the water. Now wet your finger and again place it on the outside of the glass below the water line. Peer through the top of the glass; this time, your finger will be visible through the water. The moisture on your finger has provided a "window" to vision; likewise, to the passage of infrared energy at that point of contact.

## Environmentally Responsible

Energy efficient and with low water use, RW drying preserves air quality in and around the drying facility because little product essence is lost. In addition, the process does not generate exhaust dust, a significant pollution problem.

Although several drying methods for whole foods have been developed over time, none can provide the high levels of nutritional content achieved through RW drying. Spray and freeze drying are the two main methods most companies use to dry their foods and herbs in typical green drinks, both of which use extreme temperatures. The most popular is spray drying, utilizing temperatures as high as 572°F. Freeze drying utilizes extreme cold with temperatures as low as -70°F. With both of these methods, the nutritional value of the fruits and vegetables is degraded. These typical drying methods are the reason the majority of the green drinks available today lack the nutrient potency stated on the label. These drying methods can destroy up to 90% of the nutrients in the original whole food; these nutrients are lost in the drying process. Superior to freeze drying or spray drying, RW drying protects the integrity of fresh foods.

**Refractance Window® drying is a registered trademark of MCD Technologies, Inc.**

## MULTI-CARE SOLUTIONS: OPTIMAL PROTEIN

Renewal MetaCore features the optimal source of whole food protein with hemp seed. Delivering an interwoven matrix of protein, fiber and omega oils, cold-milled, organic raw hemp seeds are truly the only minimally processed protein source.

### Raw Hemp Seed

Truly the only minimally processed protein source, hemp seeds are cold-milled and nothing more. Considered the king of the plant kingdom, hemp seeds are raw, and deliver an interwoven matrix of protein, fiber and omega oils providing the ultimate macronutrient balance. A complete and balanced source of all ten of the essential amino acids, including glutathione precursors, hemp seeds are also one of nature's richest sources of bioactive globular proteins, delivering 100% high-quality proteins from edestin and albumin (65% and 35% respectively). The structure of edestin globular proteins resembles the globulin in blood plasma and is easily taken up by the digestive system; edestin has the unique ability to stimulate the production of antibodies vital to the maintenance of a healthy immune system. Albumin, also manufactured by the liver, is supportive to detoxification and is essential for regulating body fluid tissues. Gluten free, hemp seeds also provide antioxidants, vitamins, minerals and chlorophyll.

## MULTI-CARE SOLUTIONS: LOW GLYCEMIC BLOOD SUGAR SUPPORT

Low glycemic, Renewal MetaCore provides soluble and insoluble fiber, as well as key nutrients such as Glucose Tolerance Factor (GTF) chromium, to slow the digestion of consumed carbohydrates and help maintain normal blood sugar levels. Endocrine adaptogenic botanicals provide further balancing support.

### GTF Chromium

Glucose Tolerance Factor chromium is the biologically active form of chromium in the body. There have been many attempts to isolate or synthesize GTF; none have been successful. Whole food sources, as found in Renewal MetaCore, are the only way of supplementing the GTF form of chromium. It has been proposed that GTF chromium is a complex of chromium, nicotinic acid and possibly the amino acids glycine, cysteine and glutamic acid. GTF chromium works closely with insulin to facilitate the uptake of glucose into cells.

## MULTI-CARE SOLUTIONS: COMPLETE IMMUNITY BLEND

### Probiotic Blend

3 billion cells

Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus rhamnosus, Lactobacillus casei

Renewal MetaCore supplies 3 billion multi-strain viable non-dairy probiotics crafted to effectively repopulate in the digestive tract. Soluble and insoluble fiber from hemp and inulin, organic shiitake, organic astragalus and organic shizandra are included as well, for a complete solution to renewing the immune system.

### Immune Enhancing Botanicals:

Shiitake - Traditional use as an immunomodulator reflects its role in boosting the immune system; also known as antibacterial and antiviral; exhibits protective benefits.

Astragalus - Increases nutrition to the tissues; has traditionally been used for its immunomodulating and immunorestorative effects; research is investigating its antioxidant activity and its healthy inflammation response.

Shizandra - Long utilized for its adaptogenic properties; research has demonstrated shizandra to enhance overall mitochondrial resistance to oxidative damage and to stimulate ATP generation.

## MULTI-CARE SOLUTIONS: CARDIOVASCULAR & CHOLESTEROL SUPPORT

Renewal MetaCore helps maintain cholesterol levels already within a normal range by providing 4 grams of fiber per serving. Providing a healthy inflammation response, both soluble and insoluble fiber has been linked to supporting cardiovascular health. Additional support is imparted from the ideal omega oils in raw hemp protein, providing phenomenal cardiovascular support.

### Omega Oils

Deep-fried foods, desserts and a multitude of other offenders create dietary imbalances of saturated and unnatural fats. Contributing to the disparity of the S.A.D. at the other end of the spectrum are low- or no-fat diets, which obviously fail to provide the benefits healthy fat confers in the human body. With obesity and cardiovascular disease at all-time highs, it's no wonder that many patients do not see the benefits of including high-quality fats in their diets. The fact is, S.A.D. patients are suffering the nutritional consequences, whether consuming unbalanced and low-quality oils or attempting to avoid fat altogether.

Promoting healthy cell function, fat also provides the essential fatty acids necessary for a healthy inflammation response, a common denominator of many of the health challenges S.A.D. patients face. Essential nutrients, omega-3 and -6 oils support proper body function; studies have shown the ideal ratio to be 3:1 (omega-3:omega-6) and further, that hemp is the only food to provide this ratio.

The most balanced source of omega oils, the hemp seed provided in Renewal MetaCore is raw and therefore does not require molecular distillation or any other solvent for extraction. You can be assured your patients are receiving the best quality omega oils available.

## MULTI-CARE SOLUTIONS: DETOXIFYING WEIGHT MANAGEMENT

Renewal MetaCore nutritionally supports detoxification and weight management by featuring over 25 certified organic fruits, vegetables and botanicals, as well as whole food sources of balanced soluble and insoluble fiber, provided by hemp seed and inulin. Additionally, Renewal MetaCore also provides a complete detoxifying combination of certified organic greens rich in chlorophyll, and organic milk thistle for further support.

Milk thistle-(*Silybum marianum*), has long been employed for nutritional support for the liver, spleen and kidneys.

### Detoxifying Greens Blend

Barley Grass - Incredibly detoxifying to the body and provides the proper nutritional elements in a form readily absorbed by the body. Barley leaves contain all the vitamins, minerals and proteins necessary for the human diet, as well as thousands of live enzymes, including superoxide dismutase (SOD). Research has shown extracted compounds to have support for a healthy inflammation response, antioxidant properties and to support cardiovascular health.

Spirulina - One of the most concentrated natural sources of nutrition known. With an entirely unique nutritional profile, spirulina boasts a 62% amino acid content. Spirulina contains all the essential amino acids, is rich in chlorophyll, beta-carotene and co-factors, as well as other natural phytochemicals, and is the only green food rich in GLA. Studies have shown spirulina supports the immune system, and when added to diet, increases beneficial intestinal flora.

Chlorella - Known as nature's greatest cleanser; a powerful detoxifier, several studies have shown chlorella to nutritionally support the liver and can also support cleansing of the digestive system. The richest plant source of chlorophyll, chlorella also provides high levels of protein, iron, vitamin C, beta-carotene and 19 amino acids. Studies have also shown chlorella can help to enhance the immune system, cardiovascular health and to support already healthy blood sugar levels.

**Research has shown that eating a high-fiber diet promotes postprandial satiety, leaving subjects feeling fuller for longer; furthermore, eating a high-fiber diet decreases total calorie intake, thus combining to weight loss.**

## MULTI-CARE SOLUTIONS:

The PhytoDynamic™ Anti-Age blend in Renewal MetaCore delivers the ultimate physical and mental anti-aging support. Far beyond that which high ORAC supplements claim to provide, the PhytoDynamic Anti-Age blend features the unadulterated phytochemistry of a broad spectrum of the whole foods to which the physiology dramatically responds.

Whole foods contain thousands of biologically active phytonutrients that modulate physiological processes such as organ and tissue function. The physiology over thousands of years has evolved to respond to a complex mixture of food factors and should make it obvious that exposure to one isolated chemical has no precedent in human history. (Spelman, 2007)

It is likely that combinations of nutrients embedded in their naturally occurring chemical matrix, rather than individual nutrients, are responsible for the efficacious health outcomes noted by diets high in the phytochemicals from fruits and vegetables. (Lichtenstein, 2005)

### PhytoDynamic

#### Apple

According to Cornell researchers, 100 g of unpeeled apple (about 2/3 of a medium sized apple) provides the total antioxidant activity of 1,500 mg of vitamin C.

#### Broccoli, Kale, Spinach & Parsley

Several studies have pointed to the antioxidant and immune-enhancing properties of phytochemicals found in these green vegetables.

#### Tomato

Source of lycopene, a powerful antioxidant the subject of research investigating its role in enhancing the body's defenses and its supportive effect on enzymes, DNA and cellular fats.

#### Lemon Peel

The promising subject of recent research investigating skin health, lemon peel's key constituents include vitamin C, dozens of antioxidant flavonoids, and the monoterpene limonene.

# ANTI-AGING BLEND OF ORGANIC FRUITS, VEGETABLES & GREENS

## Anti-Age Blend:

### Carrot

This root vegetable supplies B-carotene, which is metabolized into vitamin A in humans; best known for its nutritional support for the eyes. Studies are also investigating other potential health benefits, such as nutritional support for immune response.

### Strawberry, Raspberry, Cranberry, Blueberry

High in free radical scavengers, berries are rich in an array of antioxidant compounds including anthocyanins and ellagic acid. Studies on berries show nutritional support for cardiovascular health, anti-aging and immune response.

### Pomegranate

This powerful fruit is a source of antioxidants shown in research to support healthy heart with its supportive effects on the cardiovascular system; shown to be one of the most effective free-radical quenching fruits.

### Onion

Source of sulfur compound APDS; also a source of quercetin, nature's most active biological response modifier; research studies consistently demonstrate quercetin is the most biologically active flavonoid.

The multi-component nature of fruits and vegetables are responsible for their antioxidant protective effects. (Liu, 2004)

For example, of the 4,000 flavonoids known that occur in the diet, many modulate gene expression. (Nijveldt, 2001)

Carotenoids and other secondary plant compounds evolved as sets of interacting compounds, and because of this complexity, it limits the usefulness of reductionist approaches that seek to identify single protective compounds. *Journal of the National Cancer Institute* 2003;95:1578-86

Renewal MetaCore is meticulously crafted with respect to the multi-component nature of whole food. Phytonutrients go beyond A through Z; there are thousands of components in most whole foods. For example, tomatoes have an estimated 10,000 different vitamins, minerals and phytonutrients. It is this multi-component nature of whole foods that unlocks key beneficial processes and positive outcomes within S.A.D. patient's physiologies, well beyond the benefits of isolated "pure" vitamins.

## MULTI-CARE SOLUTIONS:

With gender specific formulas, Renewal MetaCore features restorative and revitalizing adaptogenic botanicals, select botanicals known to help rejuvenate the health of the endocrine system and restore detoxification processes.

### Endocrine, Immune & Detoxification Restoratives:

Central to any gender specific formula is a core group of adaptogenic botanicals that assist the physiology in its adaptation to stress and hence, encourage balanced endocrine and immune function. Renewal MetaCore features eleuthero, schizandra, ashwagandha, holy basil and astragalus. These botanicals function synergistically to support the hypothalamus-pituitary-adrenal axis as well as the thyroid axis. Together these plants also support immune and overall health. Each gender specific blend is crafted with additional botanicals to support gender specific and lifestyle challenges.

#### Ashwagandha

Ashwagandha (*Withania somnifera*) comes to us from the Ayurvedic medical system. It is clear why this plant is also known as “Indian ginseng”. It is also an adaptogen par excellence, supporting a healthy response to stressors. Studies support ashwagandha’s reputation as an adaptogen, demonstrating reduction of stress markers in various accepted models. Additionally, a water extract in human-equivalent doses showed nutritional support for cardiovascular health, likely due to increased endogenous antioxidant status (SOD, glutathione, glutathione peroxidase).

#### Astragalus

Coming to us from traditional Chinese medicine, astragalus (*Astragalus membranaceus*) is an important adaptogenic herb which, in studies, has indicated to stimulate pituitary-adrenal cortical activity. It has traditionally been considered a qi tonic (increasing vitality) and a blood tonic (increasing nutrition to the tissues). The root of this legume family plant has long been favored for its immune support. Astragalus is also an effective nutritional botanical for adrenal dysfunction. As a cardiotonic, astragalus is validated by studies which demonstrated support (by astragalosides and whole plant) via support of nitric oxide; its antioxidant activity is suggested to be responsible for this response.

## ADATOGENIC BOTANICALS:

With gender specific formulas, Renewal MetaCore features restorative and revitalizing adaptogenic botanicals, select botanicals known to help rejuvenate the health of the endocrine system and restore detoxification processes.

### **Eleuthero**

Eleuthero (*Eleutherococcus senticosus*), formerly known as Siberian ginseng, has been well-studied for decades as an adaptogen and its immune-enhancing ability. According to studies, eleuthero root and/or its constituents are antioxidant, support cardiovascular health, immune health and a healthy inflammation response. A randomized, placebo-controlled trial in which participants were exposed to a stressful cognitive task after pre-treatment with eleuthero supported the traditional belief that the root improves stress adaptation. A second clinical trial demonstrated that eleuthero improves non-specific immune health. Long term, the effect is more stabilizing, down-regulating HPA activation, supporting available energy and overall sense of well-being.

### **Holy Basil**

Holy basil (*Ocimum sanctum*), our garden basil's cousin from the Indian subcontinent, has become increasingly popular in the West for its adaptogenic and antioxidant activities. Long a central plant in the Ayurvedic pharmacopoeia, traditional uses of holy basil are varied and numerous. The plant's Sanskrit name, tulsi, means "that which is incomparable"—indeed, its sweet, spicy aroma and flavor are like no other. Holy basil is one of the primary botanicals used in Ayurvedic medicine for a healthy stress response and to increase adaptive energy. Traditional Ayurvedic use for anti-stress activity has been verified by numerous clinical studies. Modern research is interested in this plant for its use as an antioxidant, providing a healthy inflammation response and its role in nutritional support for stress. A variety of studies have also shown holy basil to support the health of the cardiovascular, immune and digestive systems, acting as an effective botanical to help support stress-related conditions. Holy basil also supports normalized cortisol levels, as well as healthy blood sugar.

### **Schizandra**

Schizandra (*Schizandra chinensis*), also known as "five flavor berry", acts on all five of the yin organs (spleen, lungs, heart, kidneys and liver) and invigorates the qi (life force) according to traditional Chinese medicine. It's included for its renowned ability to help restore integrity to the adrenal glands, and to promote a greater sense of energy and stamina. The adaptogenic properties of this herb help to improve the body's response to stress, as well as support immune function. A recent study investigated the biological mechanisms behind schizandra's traditional qi invigorating activity and discovered that schizandra enhances overall mitochondrial health. As an antioxidant, schizandra also beneficially affects the liver, enhancing detoxification. Nutritional support for the cardiovascular system has also been suggested by *in vitro* and *in vivo* research. Schizandra has shown to support the body's ability to respond to stressors.

## Supplement Facts

Serving Size 12 grams (1 scoop)

Servings per Container 30

### Amount per Serving

**Calories** 35

Calories from Fat 3

		% Daily Value †
<b>Total Fat</b>	<1 g	1 %
<b>Total Carbohydrate</b>	8 g	3 %
Dietary Fiber	4 g	16 %
Soluble Fiber	1 g	
Sugars	4 g	
<b>Protein</b>	2 g	4 %
Vitamin A* (Beta Carotene)	1000 IU	20 %
Vitamin C*	30 mg	50 %
Vitamin D*	30 IU	8 %
Vitamin E*	15 IU	50 %
Thiamine (B1)*	1 mg	66 %
Riboflavin (B2)*	1 mg	58 %
Niacinamide*	3 mg	15 %
Vitamin B6*	1 mg	50 %
Folate*	80 mcg	20 %
Vitamin B12*	2.5 mcg	42 %
Pantothenate*	2 mg	20 %
Calcium	30 mg	3 %
Magnesium	20 mg	5 %
Manganese	300 mcg	15 %
GTF Chromium*	35 mcg	29 %

<b>Detoxifying Greens Blend</b>	<b>3,500 mg</b>	<b>**</b>
Organic Barley Grass, Organic Spirulina, Chlorella		
<b>Cold-Milled Organic Raw Hemp Seed Protein</b>	<b>2,000 mg</b>	<b>**</b>
<b>Organic Inulin Soluble Fiber</b>	<b>1,350 mg</b>	<b>**</b>
<b>PhytoDynamic™ Anti-Age Blend</b>	<b>1,345 mg</b>	<b>**</b>
Organic Broccoli, Organic Spinach, Organic Kale, Organic Apple, Organic Tomato, Organic Lemon Peel, Organic Carrot, Organic Strawberry, Organic Parsley, Organic Raspberry, Organic Cranberry, Organic Blueberry, Organic Pomegranate, Organic Onion		
<b>Balanced Omega Oils (from Organic Hemp Seed)</b>	<b>180 mg</b>	<b>**</b>
<b>Women's Rejuvenative Blend</b>	<b>160 mg</b>	<b>**</b>
Organic Eleuthero Root, Organic Milk Thistle Seed, Organic Yellow Dock Root, Organic Dandelion Root		
<b>Women's Endocrine Restorative Blend</b>	<b>105 mg</b>	<b>**</b>
Organic Ashwagandha Root, Organic Astragalus Root, Organic Shiitake Mushroom, Organic Holy Basil Leaf, Organic Schizandra Berry		
<b>Digestive Enzyme Blend</b>	<b>34 mg</b>	<b>**</b>
(Amylase, Cellulase, Pectinase, Glucoamylase, Lipase, Protease, Invertase)		
<b>CereCalase® Enzymatic Nutrient BioRelease™ Blend</b>	<b>15 mg</b>	<b>**</b>
(Hemicellulase, Beta-glucanase, Phytase)		
<b>Non-Dairy Probiotics</b>	<b>3 Billion Cells††</b>	<b>**</b>
<i>(Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus rhamnosus, Lactobacillus casei)</i>		

† Percent Daily Values are based on 2,000 calorie diet

\*\* Daily Value not established

**Other Ingredients:** Organic Milled Evaporated Cane Juice, Organic Whole Brown Rice\*, Organic Lemon Peel\*, Organic Carrot\*, *Saccharomyces Cerevisiae*\*, Organic Broccoli\*

CereCalase® is a registered trademark of National Enzyme Company, Inc.

\* True Active™ FoodState®

†† At time of manufacture

Innate Response Guarantee: Ingredients in Renewal MetaCore are certified organic, grown purely, not chemically. Guaranteed to be FREE of gluten, corn, dairy, preservatives, artificial sweeteners or synthetic ingredients.

**Directions for use:** Blend or stir one level scoop (12g scoop included) of Women's Renewal MetaCore™ into 8 fl oz of water, fruit juice, milk or milk substitute. USE UNDER THE SUPERVISION OF A HEALTHCARE PRACTITIONER ONLY.

**Great Tasting Renewal MetaCore** – A low glycemic, certified organic, clinical strength multi-care green food. Renewal MetaCore features the nutrition of 25 organic fruits, vegetables and botanicals, cold-milled raw hemp protein providing omega oils, soluble and insoluble fiber, utilization-enhancing CereCalase® enzymes, a blend of 3 billion probiotics, and a complete whole food multi-vitamin. Easy to mix, easily digested Women's Renewal MetaCore provides rejuvenative endocrine support from a synergistically formulated adaptogenic botanical blend.\*

**Optimal Protein** – Raw hemp protein provides fiber, omega oils and has a complete amino acid profile.

**Detoxifying Weight Management** – Low glycemic and formulated with balanced sources of soluble and insoluble fiber, as well as a complete detoxifying combination of certified organic greens rich in chlorophyll, organic milk thistle, organic yellow dock and organic dandelion.\*

**Cardiovascular & Cholesterol Support** – Helps maintain cholesterol levels already within a normal range by providing 4 grams of fiber per serving. Additional cardio-protective support provided from omega oils in raw hemp protein.\*

**Low Glycemic Blood Sugar Support** – Provides soluble and insoluble fiber, as well as key nutrients such as GTF (Glucose Tolerance Factor) chromium to slow the digestion of consumed carbohydrates and help maintain normal blood sugar levels. Balancing thyroid support provided from endocrine adaptogenic botanicals.\*

**Anti-Aging Blend of Organic Fruits, Vegetables and Greens** – PhytoDynamic™ Anti-Age blend delivers the ultimate physical and mental anti-aging support that high ORAC supplements cannot provide.\*

**Complete Immunity Blend** – 3 billion multi-strain viable probiotics crafted to effectively repopulate in the digestive tract. Also includes soluble and insoluble fiber, organic shiitake, organic astragalus and organic schizandra.\*

**Restorative and Revitalizing Women's Adaptogenic Botanicals** – Crafted with the understanding that when whole foods are artfully combined with botanicals, the synergy of nutritive and active constituents created can have a profound effect on the body. Select botanicals known to support women's health are included to help rejuvenate the health of the endocrine system and restore detoxification processes.\*

# Men's Renewal MetaCore™

## Supplement Facts

Serving Size 12 grams (1 scoop)

Servings per Container 30

### Amount per Serving

Calories 35

Calories from Fat 3

		% Daily Value †
<b>Total Fat</b>	<1 g	1 %
<b>Total Carbohydrate</b>	8 g	3 %
Dietary Fiber	4 g	16 %
Soluble Fiber	1 g	
Sugars	4 g	
<b>Protein</b>	2 g	4 %
Vitamin A* (Beta Carotene)	1000 IU	20 %
Vitamin C*	30 mg	50 %
Vitamin D*	30 IU	8 %
Vitamin E*	15 IU	50 %
Thiamine (B1)*	1 mg	66 %
Riboflavin (B2)*	1 mg	58 %
Niacinamide*	3 mg	15 %
Vitamin B6*	1 mg	50 %
Folate*	80 mcg	20 %
Vitamin B12*	2.5 mcg	42 %
Pantothenate*	2 mg	20 %
Calcium	30 mg	3 %
Magnesium	20 mg	5 %
Manganese	300 mcg	15 %
GTF Chromium*	35 mcg	29 %

<b>Detoxifying Greens Blend</b>	<b>3,500 mg</b>	<b>**</b>
Organic Barley Grass, Organic Spirulina, Chlorella		
<b>Cold-Milled Organic Raw Hemp Seed Protein</b>	<b>2,000 mg</b>	<b>**</b>
<b>Organic Inulin Soluble Fiber</b>	<b>1,350 mg</b>	<b>**</b>
<b>PhytoDynamic™ Anti-Age Blend</b>	<b>1,345 mg</b>	<b>**</b>
Organic Broccoli, Organic Spinach, Organic Kale, Organic Apple, Organic Tomato, Organic Lemon Peel, Organic Carrot, Organic Strawberry, Organic Parsley, Organic Raspberry, Organic Cranberry, Organic Blueberry, Organic Pomegranate, Organic Onion		
<b>Balanced Omega Oils (from Organic Hemp Seed)</b>	<b>180 mg</b>	<b>**</b>
<b>Men's Rejuvenative Blend</b>	<b>160 mg</b>	<b>**</b>
Organic Eleuthero Root, Organic Fo-Ti Root, Organic Milk Thistle Seed, Organic Nettle Leaf		
<b>Men's Endocrine Restorative Blend</b>	<b>105 mg</b>	<b>**</b>
Organic Ashwagandha Root, Organic Astragalus Root, Organic Shiitake Mushroom, Organic Holy Basil Leaf, Organic Schizandra Berry		
<b>Digestive Enzyme Blend</b>	<b>34 mg</b>	<b>**</b>
(Amylase, Cellulase, Pectinase, Glucoamylase, Lipase, Protease, Invertase)		
<b>CereCalase® Enzymatic Nutrient BioRelease™ Blend</b>	<b>15 mg</b>	<b>**</b>
(Hemicellulase, Beta-glucanase, Phytase)		
<b>Non-Dairy Probiotics</b>	<b>3 Billion Cells††</b>	<b>**</b>
(Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus rhamnosus, Lactobacillus casei)		

† Percent Daily Values are based on 2,000 calorie diet

\*\* Daily Value not established

**Other Ingredients:** Organic Milled Evaporated Cane Juice, Organic Whole Brown Rice\*

Organic Lemon Peel\*, Organic Carrot\*, Sacchromyces Cerevisiae\*, Organic Broccoli\*

CereCalase® is a registered trademark of National Enzyme Company, Inc.

\* True Active™ FoodState®

†† At time of manufacture

Innate Response Guarantee: Ingredients in Renewal MetaCore are certified organic, grown purely, not chemically. Guaranteed to be FREE of gluten, corn, dairy, preservatives, artificial sweeteners or synthetic ingredients.

**Directions for use:** Blend or stir one level scoop (12 g scoop included) of Men's Renewal MetaCore™ into 8 fl oz of water, fruit juice, milk or milk substitute. USE UNDER THE SUPERVISION OF A HEALTHCARE PRACTITIONER ONLY.

**Great Tasting Renewal MetaCore** – A low glycemic, certified organic, clinical strength multi-care green food. Renewal MetaCore features the nutrition of 25 organic fruits, vegetables and botanicals, cold-milled raw hemp protein providing omega oils, soluble and insoluble fiber, utilization-enhancing CereCalase® enzymes, a blend of 3 billion probiotics, and a complete whole food multi-vitamin. Easy to mix, easily digested Men's Renewal MetaCore provides rejuvenative endocrine support from a synergistically formulated adaptogenic botanical blend.\*

**Optimal Protein** – Raw hemp protein provides fiber, omega oils and has a complete amino acid profile.

**Detoxifying Weight Management** – Low glycemic and formulated with balanced sources of soluble and insoluble fiber, as well as a complete detoxifying combination of certified organic greens rich in chlorophyll and organic milk thistle.\*

**Cardiovascular & Cholesterol Support** – Helps maintain cholesterol levels already within a normal range by providing 4 grams of fiber per serving. Additional cardio-protective support provided from omega oils in raw hemp protein.\*

**Low Glycemic Blood Sugar Support** – Provides soluble and insoluble fiber, as well as key nutrients such as GTF (Glucose Tolerance Factor) chromium to slow the digestion of consumed carbohydrates and help maintain normal blood sugar levels. Balancing thyroid support provided from endocrine adaptogenic botanicals.\*

**Anti-Aging Blend of Organic Fruits, Vegetables and Greens** – PhytoDynamic™ Anti-Age delivers the ultimate physical and mental anti-aging support that high ORAC supplements cannot provide.\*

**Complete Immunity Blend** – 3 billion multi-strain viable probiotics crafted to effectively repopulate in the digestive tract. Also includes soluble and insoluble fiber, organic shiitake, organic astragalus and organic schizandra.\*

**Restorative and Revitalizing Men's Adaptogenic Botanicals** – Crafted with the understanding that when whole foods are artfully combined with botanicals, the synergy of nutritive and active constituents created can have a profound effect on the body. Select botanicals known to support men's health are included to help rejuvenate the health of the endocrine system and restore detoxification processes.\*

# Women+40 Renewal MetaCore™

## Supplement Facts

Serving Size 12 grams (1 scoop)

Servings per Container 30

### Amount per Serving

**Calories** 35

Calories from Fat 3

		% Daily Value †
<b>Total Fat</b>	<1 g	1 %
<b>Total Carbohydrate</b>	8 g	3 %
Dietary Fiber	4 g	16 %
Soluble Fiber	1 g	
Sugars	4 g	
<b>Protein</b>	2 g	4 %
Vitamin A* (Beta Carotene)	1000 IU	20 %
Vitamin C*	30 mg	50 %
Vitamin D*	30 IU	8 %
Vitamin E*	15 IU	50 %
Thiamine (B1)*	1 mg	66 %
Riboflavin (B2)*	1 mg	58 %
Niacinamide*	3 mg	15 %
Vitamin B6*	1 mg	50 %
Folate*	80 mcg	20 %
Vitamin B12*	2.5 mcg	42 %
Pantothenate*	2 mg	20 %
Calcium	30 mg	3 %
Magnesium	20 mg	5 %
Manganese	300 mcg	15 %
GTF Chromium*	35 mcg	29 %

<b>Detoxifying Greens Blend</b>	<b>3,500 mg</b>	<b>**</b>
Organic Barley Grass, Organic Spirulina, Chlorella		
<b>Cold-Milled Organic Raw Hemp Seed Protein</b>	<b>2,000 mg</b>	<b>**</b>
<b>PhytoDynamic™ Anti-Age Blend</b>	<b>1,345 mg</b>	<b>**</b>
Organic Broccoli, Organic Spinach, Organic Kale, Organic Apple, Organic Tomato, Organic Lemon Peel, Organic Carrot, Organic Strawberry, Organic Parsley, Organic Raspberry, Organic Cranberry, Organic Blueberry, Organic Pomegranate, Organic Onion		
<b>Organic Inulin Soluble Fiber</b>	<b>1,300 mg</b>	<b>**</b>
<b>Balanced Omega Oils (from Organic Hemp Seed)</b>	<b>180 mg</b>	<b>**</b>
<b>Women+40 Rejuvenative Blend</b>	<b>170 mg</b>	<b>**</b>
Organic Red Clover Leaf, Organic Hawthorne Berry, Organic Milk Thistle Seed, Organic Dandelion Root, Organic Ginkgo Biloba Leaf		
<b>Women+40 Endocrine Restorative Blend</b>	<b>140 mg</b>	<b>**</b>
Organic Ashwagandha Root, Organic Eleuthero Root, Organic Holy Basil Leaf, Organic Astragalus Root, Organic Shiitake Mushroom, Organic Schizandra Berry		
<b>Digestive Enzyme Blend</b>	<b>34 mg</b>	<b>**</b>
(Amylase, Cellulase, Pectinase, Glucoamylase, Lipase, Protease, Invertase)		
<b>CereCalase® Enzymatic Nutrient BioRelease™ Blend</b>	<b>15 mg</b>	<b>**</b>
(Hemicellulase, Beta-glucanase, Phytase)		
<b>Non-Dairy Probiotics</b>	<b>3 Billion Cells††</b>	<b>**</b>
(Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus rhamnosus, Lactobacillus casei)		

† Percent Daily Values are based on 2,000 calorie diet

\*\* Daily Value not established

**Other Ingredients:** Organic Milled Evaporated Cane Juice, Organic Whole Brown Rice\*, Organic Lemon Peel\*, Organic Carrot\*, Sacchromyces Cerevisiae\*, Organic Broccoli\*

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\* True Active™ FoodState®

†† At time of manufacture

Innate Response Guarantee: Ingredients in Renewal MetaCore are certified organic, grown purely, not chemically. Guaranteed to be FREE of gluten, corn, dairy, preservatives, artificial sweeteners or synthetic ingredients.

**Directions for use:** Blend or stir one level scoop (12 g scoop included) of Women+40 Renewal MetaCore™ into 8 fl oz of water, fruit juice, milk or milk substitute. USE UNDER THE SUPERVISION OF A HEALTHCARE PRACTITIONER ONLY.

**Great Tasting Renewal MetaCore** – A low glycemic, certified organic, clinical strength multi-care green food. Renewal MetaCore features the nutrition of 27 organic fruits, vegetables and botanicals, cold-milled raw hemp protein providing omega oils, soluble and insoluble fiber, utilization-enhancing CereCalase® enzymes, a blend of 3 billion probiotics, and a complete whole food multi-vitamin. Easy to mix, easily digested Women+40 Renewal MetaCore provides rejuvenative endocrine and cardiovascular support from a synergistically formulated adaptogenic botanical blend.\*

**Optimal Protein** – Raw hemp protein provides fiber, omega oils and has a complete amino acid profile.

**Detoxifying Weight Management** – Low glycemic and formulated with balanced sources of soluble and insoluble fiber, as well as a complete detoxifying combination of certified organic greens rich in chlorophyll, organic milk thistle and organic dandelion.\*

**Cardiovascular & Cholesterol Support** – Helps maintain cholesterol levels already within a normal range by providing 4 grams of fiber per serving. Additional cardio-protective support provided from omega oils in raw hemp protein.\*

**Low Glycemic Blood Sugar Support**– Provides soluble and insoluble fiber, as well as key nutrients such as GTF (Glucose Tolerance Factor) chromium to slow the digestion of consumed carbohydrates and help maintain normal blood sugar levels. Balancing thyroid support provided from endocrine adaptogenic botanicals.\*

**Anti-Aging Blend of Organic Fruits, Vegetables and Greens** – PhytoDynamic™ Anti-Age blend delivers the ultimate physical and mental anti-aging support that high ORAC supplements cannot provide.\*

**Complete Immunity Blend** – 3 billion multi-strain viable probiotics crafted to effectively repopulate in the digestive tract. Also includes soluble and insoluble fiber, organic shiitake, organic astragalus and organic schizandra.\*

**Restorative and Revitalizing Women+40 Adaptogenic Botanicals** – Crafted with the understanding that when whole foods are artfully combined with botanicals, the synergy of nutritive and active constituents created can have a profound effect on the body. Select botanicals known to support women's health are included to help rejuvenate the health of the endocrine system and restore detoxification processes. The Women+40 blend also provides cardiovascular support from red clover, ginkgo and hawthorne.\*

## Supplement Facts

Serving Size 12 grams (1 scoop)

Servings per Container 30

**Amount per Serving**

**Calories** 35

Calories from Fat 3

		% Daily Value †
<b>Total Fat</b>	<1 g	1 %
<b>Total Carbohydrate</b>	8 g	3 %
Dietary Fiber	4 g	16 %
Soluble Fiber	1 g	
Sugars	4 g	
<b>Protein</b>	2 g	4 %
Vitamin A* (Beta Carotene)	1000 IU	20 %
Vitamin C*	30 mg	50 %
Vitamin D*	30 IU	8 %
Vitamin E*	15 IU	50 %
Thiamine (B1)*	1 mg	66 %
Riboflavin (B2)*	1 mg	58 %
Niacinamide*	3 mg	15 %
Vitamin B6*	1 mg	50 %
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Vitamin B12*	2.5 mcg	42 %
Pantothenate*	2 mg	20 %
Calcium	30 mg	3 %
Magnesium	20 mg	5 %
Manganese	300 mcg	15 %
GTF Chromium*	35 mcg	29 %

<b>Detoxifying Greens Blend</b>	<b>3,500 mg</b>	<b>**</b>
Organic Barley Grass, Organic Spirulina, Chlorella		
<b>Cold-Milled Organic Raw Hemp Seed Protein</b>	<b>2,000 mg</b>	<b>**</b>
<b>PhytoDynamic™ Anti-Age Blend</b>	<b>1,345 mg</b>	<b>**</b>
Organic Broccoli, Organic Spinach, Organic Kale, Organic Apple, Organic Tomato, Organic Lemon Peel, Organic Carrot, Organic Strawberry, Organic Parsley, Organic Raspberry, Organic Cranberry, Organic Blueberry, Organic Pomegranate, Organic Onion		
<b>Organic Inulin Soluble Fiber</b>	<b>1,300 mg</b>	<b>**</b>
<b>Balanced Omega Oils (from Organic Hemp Seed)</b>	<b>180 mg</b>	<b>**</b>
<b>Men+40 Rejuvenative Blend</b>	<b>170 mg</b>	<b>**</b>
Organic Saw Palmetto Berry, Organic Hawthorne Berry, Organic Ginkgo Biloba Leaf, Organic Milk Thistle Seed, Organic Nettle Leaf		
<b>Men+40 Endocrine Restorative Blend</b>	<b>140 mg</b>	<b>**</b>
Organic Eleuthero Root, Organic Ashwagandha Root, Organic Holy Basil Leaf, Organic Astragalus Root, Organic Shiitake Mushroom, Organic Schizandra Berry		
<b>Digestive Enzyme Blend</b>	<b>34 mg</b>	<b>**</b>
(Amylase, Cellulase, Pectinase, Glucoamylase, Lipase, Protease, Invertase)		
<b>CereCalase® Enzymatic Nutrient BioRelease™ Blend</b>	<b>15 mg</b>	<b>**</b>
(Hemicellulase, Beta-glucanase, Phytase)		
<b>Non-Dairy Probiotics</b>	<b>3 Billion Cells††</b>	<b>**</b>
(Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus rhamnosus, Lactobacillus casei)		

† Percent Daily Values are based on 2,000 calorie diet

\*\* Daily Value not established

**Other Ingredients:** Organic Milled Evaporated Cane Juice, Organic Whole Brown Rice\*, Organic Lemon Peel\*, Organic Carrot\*, Sacchromyces Cerevisiae\*, Organic Broccoli\*

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†† At time of manufacture

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**Directions for use:** Blend or stir one level scoop (12 g scoop included) of Men+40 Renewal MetaCore™ into 8 fl oz of water, fruit juice, milk or milk substitute. USE UNDER THE SUPERVISION OF A HEALTHCARE PRACTITIONER ONLY.

**Great Tasting Renewal MetaCore** – A low glycemic, certified organic, clinical strength multi-care green food. Renewal MetaCore features the nutrition of 27 organic fruits, vegetables and botanicals, cold-milled raw hemp protein providing omega oils, soluble and insoluble fiber, utilization-enhancing CereCalase® enzymes, a blend of 3 billion probiotics, and a complete whole food multi-vitamin. Easy to mix, easily digested Men+40 Renewal MetaCore provides rejuvenative endocrine, cardiovascular and prostate support from a synergistically formulated adaptogenic botanical blend.\*

**Optimal Protein** – Raw hemp protein provides fiber, omega oils and has a complete amino acid profile.

**Detoxifying Weight Management** – Low glycemic and formulated with balanced sources of soluble and insoluble fiber, as well as a complete detoxifying combination of certified organic greens rich in chlorophyll and organic milk thistle.\*

**Cardiovascular & Cholesterol Support** – Helps maintain cholesterol levels already within a normal range by providing 4 grams of fiber per serving. Additional cardio-protective support provided from omega oils in raw hemp protein.\*

**Low Glycemic Blood Sugar Support** – Provides soluble and insoluble fiber, as well as key nutrients such as GTF (Glucose Tolerance Factor) chromium to slow the digestion of consumed carbohydrates and help maintain normal blood sugar levels. Balancing thyroid support provided from endocrine adaptogenic botanicals.\*

**Anti-Aging Blend of Organic Fruits, Vegetables and Greens** – PhytoDynamic™ Anti-Age blend delivers the ultimate physical and mental anti-aging support that high ORAC supplements cannot provide.\*

**Complete Immunity Blend** – 3 billion multi-strain viable probiotics crafted to effectively repopulate in the digestive tract. Also includes soluble and insoluble fiber, organic shiitake, organic astragalus and organic schizandra.\*

**Restorative and Revitalizing Men+40 Adaptogenic Botanicals** - Crafted with the understanding that when whole foods are artfully combined with botanicals, the synergy of nutritive and active constituents created can have a profound effect on the body. Select botanicals known to support men's health are included to help rejuvenate the health of the endocrine system and restore detoxification processes. The Men+40 blend also provides cardiovascular support from hawthorne and ginkgo as well as prostate support from saw palmetto.\*

# THE FIRST & ONLY: RENEWAL METACORE™

We are proud to present the unparalleled, certified organic MetaCore™ line. Our commitment to whole food, dedication to quality and meticulous search for the ideal ingredients provides real solutions that practitioners can use for S.A.D. patients.

The MetaCore line of potent nutritional solutions has been nearly two years in the making. Our research uncovered many alleged options for ingredients; but upon deeper investigation, we found a limited number that could meet our stringent requirements. One of the most striking facts was regarding so-called organic ingredients; when we requested assays to validate the authenticity of those making the organic claim, most could not supply this.

Providing the superior nutrition found in organic whole foods was central to our mission; through diligent and painstaking analysis, we identified the consummate and truly certified organic whole food ingredients to provide the extraordinary healing power of nature.



## Renewal MetaCore clinical multi-care greens are the first and only...

- Certified organic gender specific green food blends
- Green food formula with an anti-aging antioxidant whole food vitamin blend
- Green food dried with Refractance Window® technology, providing the most nutrient-dense whole foods available today
- Green food formula free of fillers, including soy lecithin, rice bran, flax, apple pectin and beet fiber
- Professional strength green food formulated to target the nutritional deficiencies of the S.A.D. patient
- Green food formulated with hemp seed, the optimal whole food source of protein
- Green food formula providing Cerelase® enzymes, the key to unlocking complete nutrition and response from fruit, vegetables and botanicals

## SINGLE SOURCE FOR IDEAL NUTRITION

Renewal MetaCore stands apart from other green food formulas for a multitude of reasons, and our commitment to whole foods is just the beginning. Designed to nutritionally support body composition, anti-aging, healthy detoxification, immune and cardiovascular health, as well as healthy cholesterol and blood sugar levels.

### **Renewal MetaCore replaces several products by providing in each serving:**

- 25 certified organic fruits, vegetables and botanicals
- Anti-aging antioxidant whole food vitamin blend
- Gender specific botanical blends
  - Endocrine blends for men and women
  - Detoxifying and rejuvenating blends
- 3 billion probiotics
- 2 grams of hemp seed providing:
  - Soluble and insoluble fiber
  - Omega oils in the perfect ratio
- 3.5 grams of greens
- Digestive enzymes, featuring CereCalase®

### **Certified organic and formulated without:**

- Any fillers such as soy lecithin, rice bran, flax, apple pectin or beet fiber
- Crafted without dairy, soy, corn, preservatives, fructose, artificial sweeteners or sugar alcohols
- Free of gluten, pesticides, herbicides and heavy metals

## RENEWAL METACORE

The dietary imbalances and nutritional deficiencies of the S.A.D. (Standard American Diet) are directly linked to many of the challenges facing patients today. The majority of S.A.D. patients are starving; not for calories, but rather for balanced and complete nutrition.

Certified Organic Renewal MetaCore™ is the first and only line of certified organic, clinical strength green food formulas designed specifically for men's and women's health. Low glycemic, easily digested, Renewal MetaCore features the nutrition of 25 certified organic fruits, vegetables and botanicals; cold-milled organic raw hemp protein providing omega oils, soluble and insoluble fiber; utilization-enhancing CereCalase® enzymes; a blend of 3 billion multi-strain probiotics; and a complete whole food vitamin. Easy to mix, great tasting Renewal MetaCore provides rejuvenative endocrine support from a synergistically formulated adaptogenic organic botanical blend and an anti-aging blend of organic fruits, vegetables and greens that deliver the ultimate physical and mental anti-aging support.

Patients are hungry for real nutrition that offers real solutions. We are proud that thousands of healthcare practitioners put their trust in Innate Response and are pleased to introduce the MetaCore clinical strength formulas for their patients. MetaCore is a core nutritional system of certified organic products addressing the nutritional needs of S.A.D. patients.



We are also proud to present the unparalleled, **Certified Organic Clinical MetaCore™** line. Clinical MetaCore is the first and only line of certified organic, clinical strength, multi-care meal replacement formulas, carefully crafted to address the core nutritional needs of S.A.D. patients. A great part of the solution to the S.A.D. dilemma, easy to mix Clinical MetaCore nutritionally addresses many of the deficiencies in your patients' diets by providing 15 grams of hemp protein rich in glutathione precursors, over 60% of the daily requirements for fiber, 1.3 grams of omega oils, 3 billion multi-strain probiotics, a multiple vitamin, enzymes, green tea and four great tasting clinical flavors, including 3 grams of organic cacao beans, 550 mg of organic cinnamon, 745 mg of organic berries or 575 of organic vanilla beans. Clinical MetaCore supports healthy body composition, cholesterol and insulin levels, immunity and detoxification.

**Innate Response Formulas® are multi-vitamin and mineral formulas crafted with 100% whole food, sold exclusively through healthcare professionals. Our mission is to harness the innate healing response within every individual, in the tradition of *vis medicatrix naturae*, using only the finest nutrient-rich whole foods and botanicals in our nutritional supplements.**