



SHAKE

Practitioner Weight Management Program





Almost 2 in 3 Australian Adults are Overweight or Obese

(That's Over 11.2 Million People!)

Every Healthcare Practitioner Needs to Treat Obesity

Excess weight impacts upon all areas of health, so it is no surprise that weight management strategies need to feature heavily in all healthcare practices. Obesity is one of the biggest public health challenges facing the population, with numbers soaring by 80% in the last 33 years.

With numerous self-select diet programs on the market that have mixed success rates, especially long-term, it is difficult for patients to successfully navigate through the weight loss journey and achieve their desired results. Healthcare Practitioners are best equipped to help facilitate a patient's weight loss journey, and with the help of the Shake It Weight Management Program (Shake It), developed using the latest clinical and empirical research, it is a combination for clinical success.

Research has shown that structured programs run by healthcare professionals, that consist of dietary and activity guidelines, in addition to regular consultations, are more successful in supporting weight loss than the 'self-help' model consisting of two short meetings plus self-help resources.

Shake It: The Program for Successful Weight Management

Shake It is a structured weight management program based on the most up to date clinical research, which supports and educates Practitioners to guide patients along a successful weight loss journey for sustained results. Dietary compliance is the biggest determinant of weight loss success. To address this, the Shake It Program is flexible, offering two dietary plans to choose from, to appeal to patients and increase compliance. Both dietary approaches have been shown to support weight loss and fat mass reduction, while also maintaining lean muscle mass.

Shake It Practitioners are given access to a complete program to offer their patients. The program includes diet and lifestyle recommendations, along with behavioural change education – all of which are fundamental for achieving weight loss. Shake It includes Practitioner access to technical education and support to implement the program to support their patients' weight loss journey. Shake It helps to build natural health practices by providing the tools and resources to build a client base and achieve sustained results.

Being a Practitioner only program, Natural Healthcare Practitioners are able to tailor this to suit each patient's individual needs; provide advice to help patients overcome obstacles and, most importantly, to motivate, troubleshoot and support patients in what can be a significant life change.

Why Use the Shake It Practitioner Weight Management Program?

Patient Benefits

- Fat loss
- Maintain lean muscle mass
- Increase satiety
- Balance blood sugar
- Support a healthy microbiome
- Diet breaks included to help prevent weight plateaus and improve compliance
- Sustained results
- Ongoing support, motivation and education
- Develop healthy eating habits for life

Healthy, Wholefood Diet

- Two adequate protein diet options, tailored to suit patient needs:
Ketogenic or Low Fat
- High in phytonutrients and fibre
- Calorie controlled
- Low glycaemic index

Practitioner Only Supplements

- Great tasting, specifically formulated:
- Shakes
 - Supplementary protein powders
 - Bars
 - Clinically researched probiotic for weight control

Practitioner Benefits

- Easy for patients to follow
- Measurable fat loss
- High compliance program
- True Practitioner only
- Tried, tested and trusted weight-loss method
- Naturopathically developed program
- Promotes Practitioner point of difference for your practice
- Educational resources

An Evidence-Based Program for Proven Results

A clinical trial was performed on 100 subjects following the Shake It Practitioner Weight Management Program.

After 12 weeks on the Shake It program:

- 92% of subjects had statistically significant weight loss (7.5% or more of their total body weight).
- 62% lost more than 10% of their total body weight.
- 13% of subjects lost more than 15% of their total body weight.
- All had a statistically significant reduction in their body fat percentage and improvement in multiple measurable biomarkers.

Weight Loss Results Using The Shake It Practitioner Weight Management Program.



Patients lost as much as 17.4 kg in 12 weeks; almost 1.5 kg per week.

The Shake It Practitioner Weight Management Program

How to Complete the Program

Phase One: Intense



Follow the program below for 6 weeks

Phase Two: Pulse



2 week diet break cycled with 2 weeks on the diet until goal weight is achieved

Phase Three: Maintain



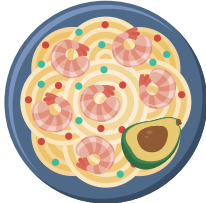
When goal weight is achieved, adhere to wellness diet pyramid

Choose One Eating Plan, Based on Patient Presentation



Ketogenic

Two healthy wholefood meals consisting of 3 serves of vegetables, 1 palm size portion of protein:



Plus healthy oils

Plus 2 Snacks

Low Fat



Plus 1 serve of wholegrains



Plus 1 Snack

Plus One Meal Substitute



Plus Probiotic

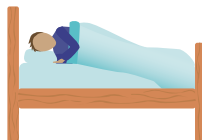


Ultra Flora MetaControl

Lifestyle



Exercise: 180 minutes per week (e.g. 6 x 30 minutes)



7 to 8 hours sleep



6 to 8 cups of water

Monitor



Regular consultations, weigh-in and support



Ketostix*



Track diet and exercise



Body composition

*Only applicable to Ketogenic

About The Program: The Fundamental Principles of Shake It

How to Complete the Program

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Phase Two: Pulse



2 week diet break cycled with 2 weeks on the diet until goal weight is achieved

Phase Three: Maintain



When goal weight is achieved, adhere to wellness diet pyramid

Why Include Diet Breaks?

Diet breaks prevent metabolic adaptation and help to regulate the body weight set-point, as well as provide a psychological break. Research has shown that incorporating diet breaks leads to long-term weight loss success.

Our fat mass is under a homeostatic mechanism described as the 'body weight set-point' theory of obesity. The body will either increase appetite or reduce energy expenditure in order to maintain this set-point, making it almost impossible for patients to adhere to a weight loss program. There are key factors involved in regulating central weight control, enabling the set point to lower. The Shake It program has been designed to allow patients to comfortably create a caloric deficit without the body defending its weight; helping to reduce cravings and improving weight loss outcomes.

The Shake It Program includes the following recommendations to achieve successful weight loss by incorporating strategies to regulate the body weight set point and patient satiety.

Two Healthy Wholefood Meals Per Day Plus Snacks

The Shake It Program educates patients on how to eat a nutritious, balanced diet to support sustainable, ongoing weight management, health and wellness. Essential to this is reducing the presence of hyperpalatable foods. This is the term given to calorie dense foods that typically contain high levels of fat in combination with processed carbohydrates, salt and often flavour enhancers. Hyperpalatable foods strongly stimulate the reward centre of the brain and increase the body weight set point, which enhances appetite and increases caloric consumption, further reinforcing food addiction-like behaviour.

An eating program that restricts either fat OR carbohydrate, promotes a nutrient dense wholefood diet, and contains adequate protein and fibre to increase satiety, is fundamental to facilitating successful weight loss.

Shake It offers two eating plans to choose from depending on each patient's clinical presentation:



Ketogenic – A low carbohydrate plan that includes healthy oils. The macronutrient breakdown of this diet is 50% fat, 30% protein and 20% carbohydrates.



Low fat – A low fat eating plan that includes liberal carbohydrates. The macronutrient breakdown of this diet is 20% fat, 30% protein and 50% carbohydrates.

Both diets include a plentiful amount of vegetables and fibre to support wellbeing, satiety and bowel health. By following the diet principles and recommended food lists, calories are controlled. However, as a more specific guideline, during the diet, calories should be $\approx 30\%$ less than the patient's current diet.

Adequate Protein (including one protein-rich meal substitute)

Each eating plan includes an adequate amount of protein with each meal. A protein-rich meal substitute in the form of a shake or bar is convenient and great tasting, which improves compliance and results. The neutral flavoured BioPure protein powders are a convenient way to boost your patient's protein intake in both sweet and savoury meals, to help them feel fuller for longer. The Shake It range is formulated with a variety of protein sources, including whey, soy, collagen and pea, and provides both fast and intermediately digested proteins to prolong amino acid delivery to tissues, and to maintain muscle mass for sustained results. An overview of the Shake It protein range can be found on page 12.

The benefits of increasing protein intake includes:

- Lower energy intake with increased satiety. Protein is more satiating than carbohydrates and fat due to various chemical signals that are generated when protein is ingested.
- Increased thermogenesis. The thermic effect of food is the energy required for digestion, absorption and disposal of ingested nutrients. The energy required for protein production, peptide bond synthesis, urea production, and gluconeogenesis all contribute to the higher thermic effect of protein.
- Improved body composition and muscle mass. Maintaining and growing muscle mass is vital to sustained weight loss, as it is directly related to resting metabolism and the body's ability to burn fat. If muscle mass is reduced during weight loss, the body's metabolic rate is reduced, and the potential for rebound weight gain increases.

Lifestyle Factors

The Shake It Program is a holistic weight loss program and not just a meal substitute program. Shake It is about creating healthier habits for life. Many non-dietary factors can greatly influence successful weight loss, therefore these recommendations include:

- Sleep – Inadequate sleep may hinder weight loss due to unfavourable metabolic side effects and increased appetite. The Shake It Program recommends 7 to 8 hours of quality sleep per night. If your patient experiences difficulty sleeping, consider other supportive strategies such as a sedative combination of California poppy and zizyphus.
- Water intake – Water is essential for successful weight loss, and adequate hydration must be encouraged throughout the program.

About The Program: The Fundamental Principles of Shake It

Exercise is a key component of the Shake It Program as moderate to high intensity aerobic exercise is required to reduce body weight and prevent excess weight gain. The following exercise guidelines are recommended for patients on the Shake It program:

While on the Program

- Total of 180 minutes per week. e.g. 30 minutes of moderate to high intensity exercise six times per week (can alternate exercise sessions with 20 minute High Intensity Interval Training (HIIT)).

While on the Diet Break

- Total of 200 to 300 minutes per week. e.g. 40 to 60 minutes of moderate to high intensity exercise five times per week (can alternate exercise sessions with 20 minute High Intensity Interval Training (HIIT)).

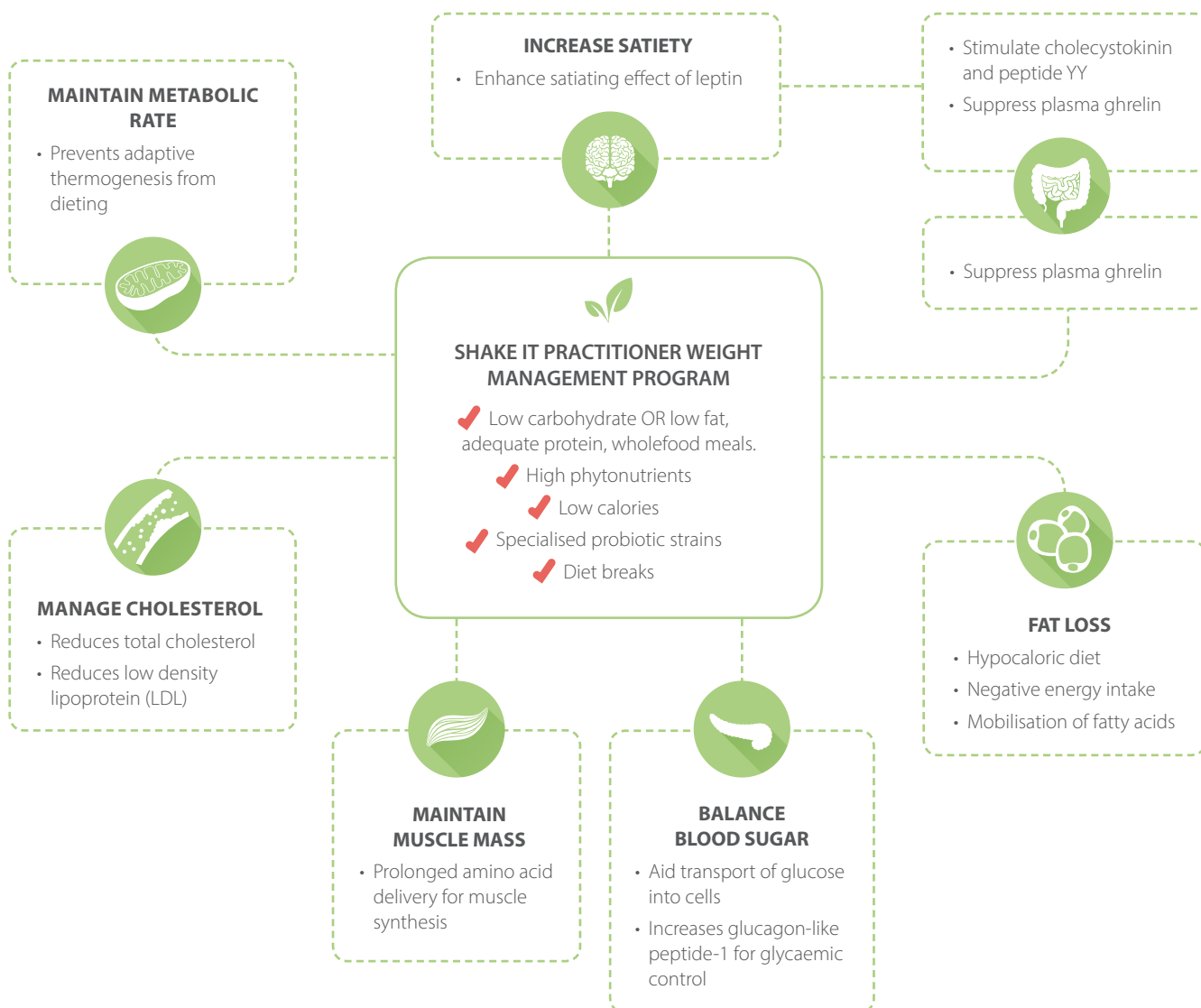
Monitoring – Tracking and Support

Practitioner consultation: Research has shown that structured programs run by healthcare professionals are more successful in supporting weight loss than self-help methods. Shake It is the only true Practitioner only weight management program to support Practitioners in providing a valuable, structured program, while also allowing them to use their expertise to individualise to suit each patient.

During the Shake It program, self-monitoring of food intake and exercise is paramount to increase self-awareness and knowledge of their choices, and to track progress.

Ketostix® can be used during the Ketogenic diet to test for ketones, an indicator of fat mobilisation. Patients can use these twice daily to monitor their fat burning, and motivate them to continue with a reduced carbohydrate diet.

Metabolic Benefits of Shake It



Weight Management Begins in the Gut

Probiotics for metabolic health and weight can play a significant role in the Shake It Program, which is why a clinically researched probiotic is recommended to be taken throughout the program duration.

Microbiome research has explored a potential correlation between body weight and the microbiome – obese subjects may have a different microbiome composition to lean subjects. It has been hypothesized that gut bacterial composition is able to influence how energy is stored, as well as influence glycaemic control and satiety hormones. Specific probiotics can be a useful adjunct to dietary programs to control weight, metabolic markers and body composition.⁹ Some of the mechanisms explored include:

- Increased intestinal permeability and pathogenic bacterial load driving lipopolysaccharide (LPS)¹⁰ mediated inflammatory disruption of healthy glucose and fat metabolism¹¹ and increased visceral adipose tissue.^{12,13}
- Changes to satiety and insulin signalling molecules (GLP-1 and PYY)¹⁴ resulting in altered glycaemic control¹⁵ and lower calorie intake.¹⁶

Weight control and body composition: *Bifidobacterium animalis ssp lactis* (B-420™) has a growing body of human and animal research, including a 2016 clinical trial. A six month study of 225 non-dieting, overweight people (mainly women aged 40+) took 10 Billion CFU B-420™ daily (with or without dietary fibre) or placebo. Both B-420™ groups showed significant improvements in total body fat mass, abdominal fat, waist circumference and lean muscle mass, as well as an overall reduction in calorie consumption¹⁷ (Figure 1).

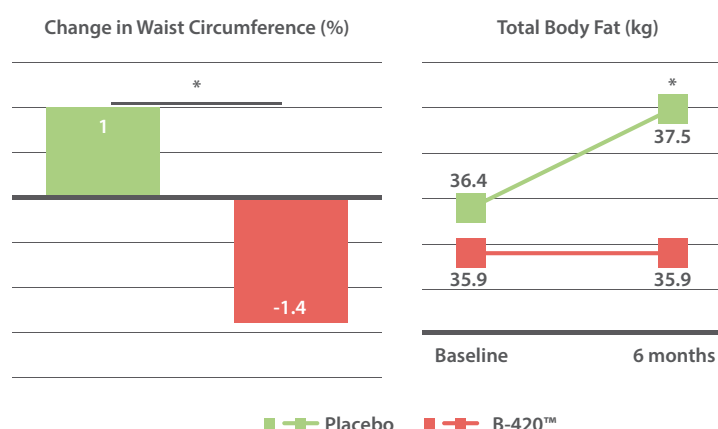


Figure 1: B-420™ Reduces Waist Circumference and Total Body Fat.

Pre-clinical animal and *in vitro* research on B-420™ has demonstrated reduced weight gain, improved glycaemic response,^{18,19} reduced zonulin levels (a marker of intestinal permeability),²⁰ improved tight junction integrity, and protection against *E. coli*-induced damage, decreasing gut inflammation and the consequential impairment in insulin sensitivity.^{21,22}

Lactobacillus gasseri (SBT2055) showed significant reductions in total body mass index (BMI), waist circumference, total fat mass, as well as visceral and subcutaneous fat mass.^{4,5} Several strains have mixed results with a different strain of *Lactobacillus gasseri* (BNR17) showing weight changes in a 2017 successful human clinical,²³ however, a 2013 trial showed no significant difference to placebo.⁶ The probiotic multistrain VSL#3® has also shown mixed results with a 2018 trial showing no weight loss, but increased adiposity in adolescents²⁴.

Peri-natal glucose control and weight management: Several probiotics have shown positive results for glycaemic control during pregnancy. Positive research has been conducted on the combination of *Lactobacillus rhamnosus* (LGG®) and *Bifidobacterium animalis ssp lactis* (BB-12®),²⁵ LGG® alone,²⁶ and *Lactobacillus rhamnosus* (HN001). In addition, the combination of LGG® and BB-12® reduced central abdominal adiposity in women during the postpartum period,²⁷ and LGG® alone has been shown to moderate excessive weight gain at four years of age, especially among children who later became overweight.²⁸

Metabolic parameters: The probiotic strain *Bifidobacterium animalis ssp lactis* (HN019™)²⁹ has been clinically trialled in 51 patients with metabolic syndrome at a daily dose of 27.2 Billion CFU, showing significant reduction in total cholesterol (TC), low density lipoprotein (LDL) and BMI, as well as a reduction in the proinflammatory cytokines TNF-α and IL-6, both associated with obesity and insulin resistance.^{30*}

Evidence based probiotic strains	Weight Control			Metabolic Control			Pregnancy			
	Lean Body Mass	Calorie Intake/ Satiety	Total Body Fat	Abdominal Fat	Body Mass Index	Cholesterol	LDL	Glucose Control	Maternal Weight	Childhood Obesity
	B. animalis ssp lactis (B-420™) 10 billion CFU¹									
			L. gasseri (SBT2055) 1 billion CFU²							
				B. animalis ssp lactis (HN019™) 27.2 billion CFU³						
								L. rhamnosus (LGG®) 10 billion CFU & B. animalis ssp lactis (BB-12®) 10 billion CFU⁴,⁵		
								LGG®10 billion CFU⁶		LGG® 10 billion CFU⁷
								Lactobacillus rhamnosus (HN001)⁸		

Figure 2: Clinically Trialled Probiotic Strains for Weight Control and Metabolic Health.

LGG® is a registered trademark of Chr. Hansen A/S.

*References available upon request.

Recommended Food List – Low Fat

RECOMMENDED VEGETABLES

1 cup raw leafy greens,
½ cup cooked vegetables

Alfalfa	Okra
Artichokes	Olives
Asian greens	Onions
Asparagus	Radichio
Baby spinach	Radish
Bamboo shoots	Rocket
Bean sprouts	Sea vegetables (e.g. kelp, wakame, arame, kombu)
Bok choy	Snow peas
Broccoli	Spinach
Broccolini	Sprouts
Brussels sprouts	Squash
Cabbage	Tomato
Capsicum	Water cress
Cauliflower	Zucchini
Celery	Potatoes
Chard	Sweet Potatoes
Cucumber	Corn
Eggplant	Cassava
Endive	Beetroot
Fennel	Carrots
Green beans	Parsnip
Kale	Peas
Kohlrabi	Pumpkin
Leeks	Turnip
Lettuce (all types)	
Mushrooms	

VEGETABLES TO LIMIT

Limit to 1 handful (raw) daily (total)

Canned vegetables	Avocado
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RECOMMENDED FRUITS

1 medium sized fruit (e.g. 1 apple or 1 banana,
or ½ cup sliced fruit or berries)

All fruit	Guava
Apples	Honeydew melon
Apricots	Kiwi fruit
Bananas	Lemons
Blackberries	Limes
Blueberries	Mandarin
Cherries	Mulberries
Fresh fig	Nectarines
Grapefruit	Orange

RECOMMENDED FRUITS Cont...

Passionfruit	Rockmelon
Paw paw	Strawberries
Peaches	Tangerine
Pears	Watermelon
Pineapple	Bananas
Raspberries	Grapes

FRUITS TO LIMIT

Canned sweetened fruits	Dried fruits
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RECOMMENDED PROTEIN

1 palm sized portion (raw)

Beef	Legumes - lentils
Kangaroo	Kidney beans
Lamb	Black beans
Pork	Chickpeas
Veal	Split peas
Chicken	Cannellini beans
Eggs	(NB: Limited cured meat as used in Shake It Recipe e.g. bacon)
All seafood	
Miso	
Tofu and Tempeh	

**Consume 2 palm-sized
portions per meal of Tofu
and Tempeh*

CARBOHYDRATES

½ cup cooked grains, 1 piece of toast,
½ cup cooked pasta

Whole-wheat bread and rolls	Brown rice
Whole-wheat pasta	Quinoa
Oatmeal	Millet
Oats	Buckwheat
	Barley

DAIRY/DAIRY ALTERNATIVES

1-2 tablespoons of full fat yoghurt,
or 1 cup of low fat milk or 200 g low fat yoghurt
or ½ cup cottage cheese

Cheese	Almond, rice, soy milk
Yoghurt	(NB: Low-fat options can be used in specified amounts in the Shake It recipes)
Milk	

RECOMMENDED MEAL SUBSTITUTES

Shake It Chocolate	Keto Bars (Vanilla Nougat, Caramel, Cherry Coconut)
Shake It Vanilla	
Shake It Dairy Free Chocolate	Shake It BioPure Collagen, Whey or Pea Proteins

HEALTHY SNACKS

½ Keto Bar (Vanilla Nougat, Caramel, Cherry Coconut)	½ serve Dairy Free Shake It Chocolate
½ serve Shake It Chocolate, Vanilla	½ serve BioPure Collagen, Whey or Pea Proteins

NUTS AND SEEDS

½ cup nuts, 1 tablespoon of seeds

Almonds	Pepitas
Brazil nuts	Pine nuts
Coconut meat	Pistachio nuts
Flax/Linseeds	Sesame seeds
Hazelnuts	Sunflower seeds
Macadamias	Walnuts
Pecans	Nut butters/spreads (no added sugar)

RECOMMENDED CONDIMENTS

1 tsp

Cold pressed oils	Peanuts (limit)
Coconut oil	Pepper
Flax/Linseed oil	Pesto
Macadamia oil	Soy sauce
Olive oil	Tamari
Walnut oil	Vinegar
Sesame oil, not toasted	Wasabi
Sesame oil, toasted (As used in specified amounts in Shake It Recipes)	Sea salt (As used in specified amounts in Shake It Recipes)
Lemon or Lime juice	All herbs
Lemon pepper	<i>*Condiments listed in Shake It recipes that do not appear on the recommended food list are allowed in the measured serving listed in the recipe.</i>
Mustard	

For sample diet plans for the low fat eating plan, see the Low Fat Recipe Book on  **Metagenics
Institute™**

Recommended Food List – Ketogenic Diet

RECOMMENDED VEGETABLES 3 handfuls (raw) per meal		RECOMMENDED FRUITS 1 handful of recommended fruit may replace 1 handful of vegetables, once daily		HEALTHY SNACKS	
Alfalfa sprouts	Green beans	Apples	Mulberries	½ Keto Bar (Vanilla Nougat, Caramel, Cherry Coconut)	½ serve Shake It Dairy Free Chocolate
Artichokes	Kale	Apricots	Nectarines		
Asian greens	Kohlrabi	Blackberries	Orange		
Asparagus	Leeks	Blueberries	Passionfruit		
Baby spinach	Lettuce – all types	Cherries	Paw paw	½ serve Shake It Chocolate, Vanilla	½ serve BioPure Collagen, Whey or Pea Proteins
Bamboo shoots	Mushrooms	Fresh fig	Peaches		
Bean sprouts	Okra	Grapefruit	Pears		
Bok choy	Olives	Guava	Pineapple		
Broccoli	Onions	Honeydew melon	Raspberries		
Broccolini	Radicchio	Kiwi fruit	Rockmelon		
Brussels sprouts	Radish	Lemons	Strawberries		
Cabbage	Rocket	Limes	Tangerine		
Capsicum	Sea vegetables (e.g. kelp, kombu, wakame, arame)	Mandarin	Watermelon		
Cauliflower	Snow peas				
Celery	Spinach				
Chard	Sprouts				
Cucumber	Squash				
Eggplant	Tomato				
Endive	Watercress				
Fennel	Zucchini				
Garlic					
VEGETABLES TO LIMIT Limit to 1 handful (raw) daily (total)		RECOMMENDED PROTEIN 1 palm-sized portion per meal		NUTS AND SEEDS 3 finger portion	
Avocado	Parsnip	Beef	Pork	Almonds	Pecans
Beetroot	Peas	Cheese	Prawns	Brazil nuts	Pepitas
Carrots	Pumpkin	Chicken	Scallops	Coconut meat	Pine nuts
Corn	Water chestnuts	Duck	Squid	Flax/Linseeds	Pistachio nuts
		Eggs	Turkey	Hazelnuts	Sesame seeds
		Fish	Veal	Macadamia nuts	Sunflower seeds
		Kangaroo	Tofu or Tempeh*	Nut butter/spreads (no added sugar)	Walnuts
		Lamb	*Consume 2 palm-sized portions per meal of Tofu and Tempeh		
		Mussels			
		Oysters			
VEGETABLES TO AVOID		RECOMMENDED MEAL SUBSTITUTES		RECOMMENDED CONDIMENTS	
Canned vegetables	Potato	Shake It Chocolate	Keto Bars (Vanilla Nougat, Caramel, Cherry Coconut)	Healthy Oils <i>Limit to 1 to 2 tbsp per day</i>	Condiments <i>Limit to 2 tsp</i>
Cassava	Sweet potato	Shake It Vanilla	Shake It BioPure Collagen, Whey or Pea Proteins	Coconut oil	All low carbohydrate sauces
		Shake It Dairy Free Chocolate		Flax/Linseed oil*	All spices
				Macadamia oil*	All herbs
				Olive oil*	Peanuts
				Sesame oil*	Sweeteners
				Walnut oil*	Stevia
				*Cold pressed oils are preferable	Natvia™
				Condiments listed in Shake It recipes that do not appear on the recommended food list are allowed in the measured serving listed in the recipe.	

For sample diet plans for the ketogenic eating plan, see the Ketogenic Recipe Book on  **Metagenics Institute™**



Building Your Business With Shake It

The Shake It Weight Management Program provides a way to successfully implement a well-structured weight loss program that can be adapted for your patients' needs. By offering this sophisticated program in your clinic, both Practitioner and patients can experience the benefits:

- Streamlined approach to an often complex area of health.
- Provides a clear framework and steps to focus on throughout their weight loss journey.
- Presents your expertise with a high standard of patient care – every time.
- Opportunity to enhance your marketing and advertising.
- Provides a holistic, long-term weight loss plan as opposed to a quick fix.

Shake It Helps Grow Your Business



- Attract new patients for a fresh approach to weight loss.
- Assist existing patients with obesity-associated conditions.
- Attract referrals from other health professionals and satisfied patients.



- Increase your revenue and profits.
- Great tasting, effective body composition shakes and bars.
- Practitioner only range for repeat purchases.
- Business advice and trading terms to help grow your business.



- Results that speak for themselves.
- Simple, easy to follow diet program with healthy food.
- Innovative structure, including diet breaks and maintenance for sustained results.
- Great tasting adequate protein meal substitutes, such as shakes and bars for improved compliance.
- Measurable results with a proven record of sustainability.



- Enhances your business image and services.
- Specialise and be an expert in weight management and body composition.
- Contemporary and professional patient resources.
- In-clinic marketing and advertising support.

Metagenics' Commitment to Practitioners

The Shake It Program is available only to qualified Natural Healthcare Practitioners to be used with their guidance, through their clinics, because Metagenics understands the importance of Practitioner support to assist patients with their weight loss and broader health goals.

Metagenics is committed to supporting Practitioners by confirming that some of Australia's leading private health insurance funds enable patients to obtain rebates for Shake It Practitioner Weight Management consultations. Additionally, Metagenics also provides various specialised marketing materials and patient materials to help attract new patients to your practice and expand your business. They are designed to improve compliance with the program, while still allowing for individualisation and encouraging regular engagement with their Practitioner, which is a crucial part of a successful weight loss program.

The implementation of the Shake It Weight Management Program is supported with attractive and professional resources and marketing materials, including:

- A comprehensive patient booklet designed to inform and inspire patients including useful lifestyle and exercise tips.
- The Shake It Recipe book with over 100 healthy and tasty recipes, divided into each diet plan - available on Metagenics Institute.
- Professional clinic posters.
- Practitioner tools – Functional Foundations videos, a detailed summary of the scientific evidence supporting the program, presented by the Metagenics Technical Education Team. A comprehensive Clinical Guide to support program implementation and troubleshooting.

These resources are a convenient way to support your patient and improve compliance. For further information on these resources and more, see page 11.

Private Health Insurance Rebates

Some of Australia's leading private health insurance funds enable patients with Extras Cover to claim rebates on Shake It Practitioner Weight Management Consultations.

Benefits of This Arrangement Include:

- Attracts more patients to your business.
- Improves affordability for patients.
- Improves patient confidence in Shake It due to independent validation.

Arrangements can vary between funds.

Some funds require individual registration prior to consultation. For full details contact the health fund directly. Currently available in Australia only.

Shake It – the Program for Every Clinic

Your Metagenics Territory Manager can help you fit the Shake It program into your clinic and practicing preferences. These are just a few of the ways that Shake It can fit into your clinic.

- Incorporate into your treatment protocols for overweight patients presenting with obesity related conditions.
- Achieve even better results by incorporating this simple, healthy weight management program into their existing protocols.
- Grow your clinic with specific Shake It marketing to attract new patients.
- Referrals from happy patients and new patients.
- Develop a healthy practice with a reputation for results.
- Employ specialist software and staff to add to another level of service to your existing busy clinic for example, Bioelectrical Impedance Analysis.

Assessing Healthy Body Composition

Assess Patient Status

Pathology testing, taking a thorough history, simple in-clinic testing inclusive of a thorough diet and lifestyle analysis, can all help to build a complete picture and determine treatment goals and priorities.

Bioelectrical Impedence Analysis (BIA) for Assessing Weight and Body Composition

BIA is the measurement of body composition via electrical current. Patients must be lying down for accurate results and electrodes must be placed on the wrist and ankle to measure the whole body.

Measurement

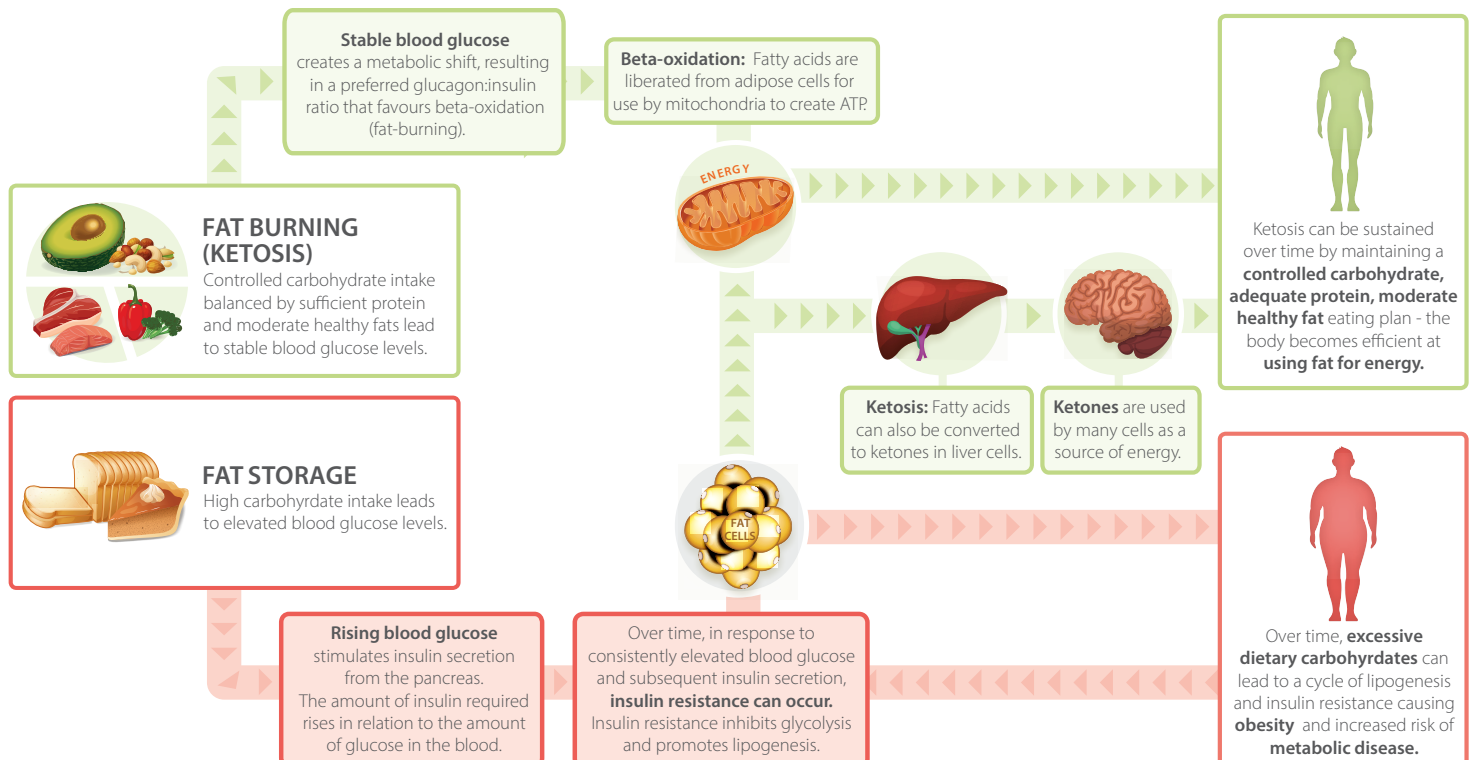
- Fat
- Muscle
- Fluid

Individualised Report

- Calculates ideal fat levels
- Helps patients set health goals
- Monitors progress over time



Healthy Body Composition Infographic



Shake It Resources

Metagenics provides you with numerous patient support and marketing materials for your clinic. Shake It marketing materials save you time and money, and help build patient confidence in a professional program. The Shake It patient support materials are designed to motivate and keep patients on track.

Patient Support

Shake It Patient Booklet



The Shake It Patient Booklet is a take-home tool for patients that gives them a simple, easy to understand explanation of the Shake It Program. The Shake It Patient Booklet provides patients with everything they need, including:

- Outline of the program, including the chosen eating plan
- Foods lists and sample meal plans
- Easy to follow exercises
- Lifestyle hints and tips to optimise their weight loss journey
- Weekly health journal to track progress

Order code: SIPAT (Pack of 10)

Shake It Recipe Book



The Shake It Recipe Book contains a wide range of delicious Shake It friendly recipes for both eating plans. The book contains a range of tasty, healthy meals the whole family can enjoy, including lots of vegetarian options too!

Download from metagenicsinstitute.com.au or metagenicsinstitute.co.nz

Shake It Brochure



The Shake It Patient Brochure provides helpful tools and insights to support your patients on their weight loss journey to sustain long-term wellness and success.

Order code: BR33

Practitioner Resources

Functional Foundations Videos



A detailed summary of the scientific evidence supporting the program, presented by the Metagenics technical education team. A must watch for all Practitioners wanting to confidently treat weight loss.

The videos are approximately 30 minutes in duration, to view visit metagenicsinstitute.com.au or metagenicsinstitute.co.nz

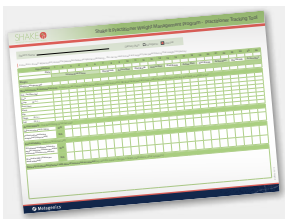
Clinical Guide



A guideline for Practitioners to understand how to implement the Shake It Program, the practical component including troubleshooting, behavioural modification and additional prescription.

Available for download metagenicsinstitute.com.au or metagenicsinstitute.co.nz

Downloadable Practitioner Tracking Tool



This fillable resource allows for weekly tracking of your patient's progress during the Shake It Program. Parameters to be recorded during each weekly scheduled appointment include weight, measurements, diet and exercise accountability.

Download this free resource from metagenicsinstitute.com.au or metagenicsinstitute.co.nz

Shake It High Quality Protein Range



**Shake It
Vanilla**



**Shake It
Chocolate**



**Shake It Dairy Free
– Chocolate**



BioPure Pea Protein



**BioPure Collagen
Protein**



BioPure Whey Protein



Keto Bars

Product highlights	• A great tasting high protein, low carbohydrate meal substitute shake. • A low allergy, dairy free protein shake, suitable for vegans. • Mixes easily in water.	32 g	24 g	20 g	20.2 g	60 g
Serving size	27.7 g	29.2 g	32 g	24 g	20 g	20.2 g
Per serve:						
Protein	20 g	20 g	20 g	17.8 g	17.3 g	17.5 g
Carbohydrate	2.9 g*	2.3 g*	3 g*	1.2 g	< 1 g	1.5 g
Fat	1 g	1.5 g	2 g	2.4 g	< 1 g	< 1 g
Free from gluten	✓	✓	✓	✓	✓	✓
Free from dairy/lactose			✓	✓	✓	
Vegan			✓	✓		

*Impact carbohydrates



Shake It

Body Composition Shake.

Contents: 584 g tub (20 serves) Chocolate flavour and

554 g tub (20 serves) Vanilla flavour

Order Code: SIC (Chocolate) and SIV (Vanilla)

Storage: Store below 30°C

In healthy people, ingredients in Shake It have been shown to or may:

- Support sustained weight management in conjunction with the Shake It Practitioner Weight Management Program.
- A unique soy and whey protein combination for improved satiety while preserving and growing muscle mass.¹²
- Less than 3 g carbohydrates plus 20 g protein to increase thermogenesis and lean body composition.
- A great tasting high protein, low carbohydrate meal substitute shake that mixes easily with water.³

Ingredients:

Whey protein concentrate (44%), soy protein isolate (4.1%), cocoa powder (5.9%), natural identical vanilla flavour (4.1%), natural chocolate flavour (3%), nature identical cream flavour (1.8%), steviol glycosides (natural sweetener). Contains dairy and soy components.

Nutritional Information (Chocolate Flavour):

Servings per package: 20

Serving size: 29.2 g

Quantity per	29.2 g	100 g
Energy	482 kJ (115 Cal)	1652 kJ (395 Cal)
Protein	20 g	71.9 g
Fat		
- total	1.8 g	6.3 g
- saturated	<1 g	3.4 g
- monounsaturated	<1 g	1 g
- polyunsaturated	<1 g	<1.3 g
- trans	<0.01 g	<0.01 g
Carbohydrates		
- total	3.4 g	11.6 g
- sugars	<1 g	1 g
Impact carbohydrates	3 g	11.6 g
Dietary fibre	1.1 g	3.7 g
Sodium	95 mg (1.63 mmol)	327 mg (5.60 mmol)
Potassium	304 mg (8.0 mmol)	1040 mg (26.5 mmol)

Average values given.

Serving Suggestions (Chocolate flavour): Shake It Body Composition Shake may be used in conjunction with the Shake It Practitioner Weight Management Program.

Add 1 level scoop (29.2 g) to 200 mL of water and shake or blend well. Consume 1 serve daily or use a half serve (14.6 g) twice daily as a snack between meals.

Benefits:

Shake It shakes provide 20 g protein, from a unique combination of soy and whey, to increase fullness and satiety. Increasing protein intake enhances the satiating effect of circulating leptin in the central nervous system.⁴ Increasing protein has shown to stimulate cholecystokinin secretion and suppress plasma ghrelin, increasing satiety.⁵ This blend of protein also allows for fast and intermediate protein digestion rates, to prolong amino acid delivery to tissues and assist in muscle synthesis.⁶

Reduced carbohydrate diets have been shown to assist with weight management. A randomised, four month weight loss trial measured the effectiveness of a low carbohydrate diet in comparison to a high carbohydrate diet in 48 women. There were greater reductions in body weight in the groups consuming the higher protein, reduced carbohydrate diet. The reduced body weight was predominantly fat mass with a 5.9 kg reduction in the restricted carbohydrate group, increasing to 8.8 kg with the addition of exercise.⁷ (Figure 1).

Typical amino acid breakdown (mg per serve):

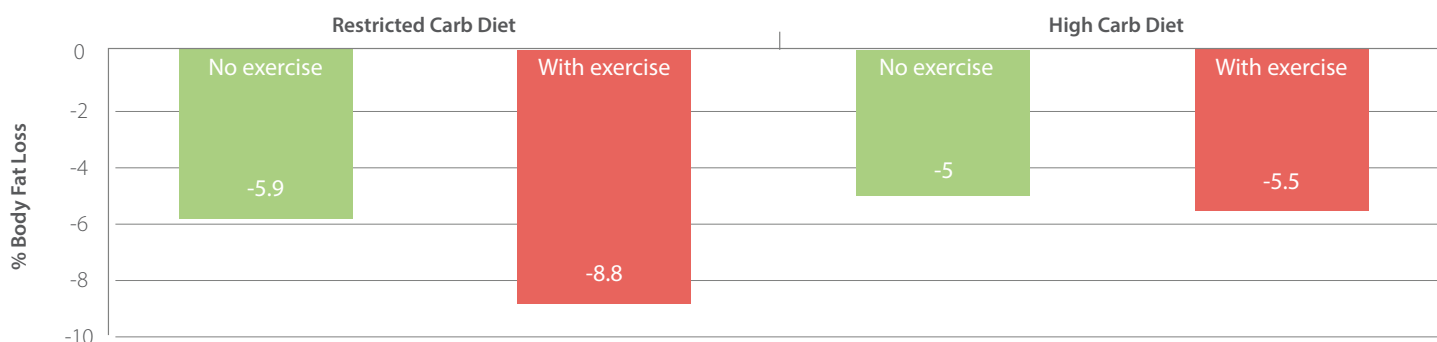
Alanine	964
Arginine	1099
Aspartic acid	2415
Cysteine	428
Glutamic acid / Glutamine	3942
Glycine	643
Histidine*	474
Isoleucine*	978
Leucine*	2120
Lysine*	1693
Methionine*	345
Phenylalanine*	920
Proline	1081
Serine	1056
Threonine*	957
Tryptophan*	372
Tyrosine	768
Valine*	933

*Essential amino acids

Formulated supplementary sports food.

Free from eggs, gluten, wheat, nuts, yeast and salt. Free from artificial colours and flavours.

Shake It should be used in conjunction with a nutritious diet and appropriate physical training or exercise program. Formulated Supplementary Sports Food. This food is not a sole source of nutrition. Not suitable for children under 15 years of age or pregnant women, should only be used under medical or dietetic supervision.



Layman DK, et al. Dietary Protein and Exercise Have Additive Effects on body Composition during Weight Loss in Adult Women. The Journal of Nutrition; 2005;135; 1903-1910.

Figure 1: Low Carb Diets and Body Fat Loss.



Shake It Dairy Free

Dairy Free Body Composition Shake.

Contents: 640 g tub (20 serves) Chocolate flavour

Order Code: SDF

Storage: Store below 30°C

Ingredients in Shake It Dairy Free have been shown to or may:

- Support sustained weight management in conjunction with the Shake It Practitioner Weight Management Program.
- A low allergy, dairy free protein source, suitable for vegans, to preserve and grow muscle mass.^{1,2}
- Only 3.1 g impact carbohydrates plus 20 g protein to increase thermogenesis and lean body composition.
- A great tasting high protein, low carbohydrate meal substitute shake that mixes easily with water.³

Ingredients:

Soy protein isolate (69%), resistant maltodextrin (MetaFibre®), cocoa powder (13.5%), natural chocolate flavours (3.4%), nature identical vanilla flavour (2.5%), xanthan gum, steviol glycosides (sweetener). Contains soy.

Nutritional Information:

Servings per package: 20

Serving size: 32 g

Quantity per	32 g	100 g
Energy	514 kJ (123 Cal)	1607 kJ (384 Cal)
Protein	20 g	65.6 g
Fat		
- total	1.9 g	6 g
- saturated	<1 g	2.5 g
- monounsaturated	<1 g	1.5 g
- polyunsaturated	<1 g	2 g
- trans	<0.01 g	<0.01 g
Carbohydrate		
- total	3 g	11.3 g
- sugars	<1 g	<1 g
Impact Carbohydrates	3 g	11.3 g
Dietary fibre	3.1 g	9.7 g
Sodium	165 mg (7.2 mmol)	516 mg (22.4 mmol)
Potassium	246 mg (6.3 mmol)	770 mg (19.7 mmol)

Average values given.

Serving Suggestion: Shake It Dairy Free Body Composition Shake may be used in conjunction with the Shake It Practitioner Weight Management Program.

Add 2 level scoops (32 g) to 300 mL of water and shake or blend well. Consume 1 serve daily or use a half serve (16 g) twice daily as a snack between meals.

Benefits:

Shake It Dairy Free is a great tasting, low allergy, dairy free shake option suitable for vegetarians and vegans.

Reduced carbohydrate diets have been shown to assist with weight management. A randomised, four month weight loss trial measured the effectiveness of a low carbohydrate diet in comparison to a high carbohydrate diet in 48 women. There were greater reductions in body weight in the groups consuming the higher protein, reduced carbohydrate diet. The reduced body weight was predominantly fat mass with a 5.9 kg reduction in the restricted carbohydrate group, increasing to 8.8 kg with the addition of exercise.⁴

Typical amino acid breakdown (mg per serve):

Alanine	812
Arginine	1525
Aspartic acid	2277
Cysteine	257
Glutamic acid / Glutamine	3802
Glycine	812
Histidine*	495
Isoleucine*	950
Leucine*	1544
Lysine*	1228
Methionine*	257
Phenylalanine*	1030
Proline	1010
Serine	1010
Threonine*	713
Tryptophan*	277
Tyrosine	733
Valine*	931

*Essential amino acids

Formulated supplementary sports food.

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts and yeast.

Free from artificial colours and flavours.

Shake It should be used in conjunction with a nutritious diet and appropriate physical training or exercise program. Formulated Supplementary Sports Food. This food is not a sole source of nutrition. Not suitable for children under 15 years of age or pregnant women, should only be used under medical or dietetic supervision.



BioPure Pea Protein

Non GMO Vegan Pea Protein Isolate.

Contents: 480 g pouch (20 serves) Neutral flavour
Order code: SNPP
Storage: Store below 30°C

- Nutritional protein supplement for tissue repair,¹ growth and development,² and satiety.³
- Low carbohydrate, low reactive, hypoallergenic and easily digestible vegan protein source.
- Contains all essential amino acids, including the branched chain amino acids leucine, isoleucine and valine.

Ingredients:

Pea protein (92.52%), natural and nature identical flavours, colloidal anhydrous silica, steviol glycosides.

Nutritional Information:

Servings per package: 20
 Serving size: 24 g

Quantity per	24 g	100 g
Energy	413 kJ (99 Cal)	1722 kJ (412 Cal)
Protein	17.8 g	74.2 g
Fat		
- total	2.4 g	10.1 g
- saturated	<1 g	1.8 g
- monounsaturated	<1 g	2.6 g
- polyunsaturated	1.4 g	5.7 g
- trans	<0.1 g	<0.1 g
Carbohydrate		
- total	1.2 g	4.8 g
- sugars	<1 g	1.7 g
Sodium	249.6 mg	1040 mg
Potassium	86.9 mg	362 mg

Average values given.

Serving Suggestion: Adults: Add 1 serve (24 g) (2 metric tablespoons) into your choice of beverage, or add 1 serve (24 g) (2 metric tablespoons) into your choice of food.

Children and adolescents aged 4 years and over: Add ½ serve (12 g) (1 metric tablespoon) into your choice of beverage, or add ½ serve (12 g) (1 metric tablespoon) into your choice of food.

Benefits:

Nutritional protein supplement: Adequate protein is necessary for normal growth and development and contributes to the growth and maintenance of muscle mass.⁴ A protein rich diet enhances the satiating effect of leptin⁵ and may decrease hunger.⁶

High quality source of protein: The pea protein in BioPure Pea Protein is sourced from France, is non-genetically modified and naturally low in phytates and lectins, and other anti-nutritional factors.

Typical amino acid breakdown (g per serve):

Alanine	0.62	Lysine*	1.02
Arginine	1.25	Methionine*	0.16
Aspartate acid	1.66	Phenylalanine*	0.79
Cysteine	0.14	Proline	0.62
Glutamic acid / Glutamine	2.41	Serine	0.73
Glycine	0.57	Threonine*	0.55
Histidine*	0.36	Tryptophan*	0.14
Isoleucine*	0.68	Tyrosine	0.55
Leucine*	1.18	Valine*	0.71

*Essential amino acids

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives.



BioPure Collagen Protein

Naturally Sourced Collagen Protein.

Contents: 400 g pouch (20 serves) Neutral flavour
Order Code: SNCP
Storage: Store below 30°C

- Nutritional protein supplement for tissue repair,¹ growth and development,² and satiety.³
- Low carbohydrate, low reactive and non-allergenic protein source.
- Collagen peptides are rich in hydroxyproline and Type I and Type III collagen.

Ingredients:

Collagen peptides (95.26%), natural and nature identical flavours, steviol glycosides.

Nutritional Information:

Servings per package: 20
 Serving size: 20 g

Quantity per	20 g	100 g
Energy	341 kJ (82 Cal)	1707 kJ (408 Cal)
Protein	17.3 g	86.5 g
Fat		
- total	<1 g	<1 g
- saturated	<1 g	<1 g
- monounsaturated	<1 g	<1 g
- polyunsaturated	<1 g	<1 g
- trans	<0.1 g	<0.1 g
Carbohydrate		
- total	<1 g	1.1 g
- sugars	<1 g	1.1 g
Sodium	75.4 mg	377 mg
Potassium	<5 mg	2.4 mg

Average values given.

Serving Suggestion: Adults: Add 1 serve (20 g) (2 metric tablespoons) into your choice of beverage, allowing 30 seconds for collagen to dissolve. Or add 1 serve (20 g) (2 metric tablespoons) into your choice of food.

Children and adolescents aged 4 years and over: Add ½ serve (10 g) (1 metric tablespoon) into your choice of beverage, allowing 30 seconds for collagen to dissolve. Or add ½ serve (10 g) (1 metric tablespoon) into your choice of food.

Benefits:

Nutritional protein supplement: Adequate protein is necessary for normal growth and development,⁴ and contributes to the growth and maintenance of muscle mass.⁵ A protein rich diet may decrease hunger.⁶ Adequate protein intake supports satiety via suppressing plasma ghrelin,⁷ stimulating cholecystokinin (CCK) secretion⁸ and enhancing the effect of leptin.⁹

Wound healing: Collagens act as a foundation for the intracellular matrix formation in wound healing, providing integrity and strength to tissue, especially during the proliferative and remodelling phases of repair.¹⁰ Collagen peptides contain the branched chain amino acids – valine, leucine and isoleucine, helping to delay physical fatigue.¹¹

The collagen peptides in BioPure Collagen Protein are derived from a bovine source and have a neutral odour and flavour. They have excellent solubility and dispensability, perfect for mixing into liquids.

Free from dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives.



BioPure Whey Protein

Bioactive Undenatured Whey Protein Isolate.

Contents: 404 g pouch (20 serves) Neutral flavour

Order code: SNWP

Storage: Store below 30°C

- Nutritional protein supplement for tissue repair,¹ growth and development,² and satiety.³
- Low carbohydrate, low reactive, highly bioavailable and easily digested protein source.
- Contains naturally occurring bioactive immunoglobulins and glycomacropeptides.

Ingredients:

Whey protein isolate (97.36%), natural and nature identical flavours, colloidal anhydrous silica.

Nutritional Information:

Servings per pack: 20

Serving size: 20.2 g

Quantity per	20.2 g	100 g
Energy	323 kJ (77 Cal)	1615 kJ (386 Cal)
Protein	17.5 g	86.6 g
Fat		
- total	<1 g	1.5 g
- saturated	<1 g	<1 g
- monounsaturated	<1 g	<1 g
- polyunsaturated	<1 g	<1 g
- trans	<0.1 g	<0.1 g
Carbohydrate		
- total	1.5 g	7.4 g
- sugars	<1 g	1.2 g
- lactose	0.2 g	0.8 g
- galactose	<0.1 g	<0.1 g
Glycomacropeptides*	4.1 g	20.3 g
Immunoglobulins*	0.7 g	3.4 g
Calcium*	83 mg	414 mg
Sodium	27 mg	135 mg
Potassium	199.6 mg	998 mg

Average values given.

*As part of the protein component of BioPure Whey Protein.

Serving Suggestion: Adults: Add 1 serve (20.2 g) (3 metric tablespoons) into your choice of beverage, or add 1 serve (20.2 g) (3 metric tablespoons) into your choice of food.

Children and adolescents aged 4 years and over: Add ½ serve (10.1 g) (1.5 metric tablespoons) into your choice of beverage, or Add ½ serve (10.1 g) (1.5 metric tablespoons) into your choice of food.

Benefits:

Pure bioactive protein: BioPure Whey Protein is a bioactive, undenatured whey protein isolate with naturally occurring immunoglobulins. BioPure whey protein isolate with naturally occurring immunoglobulins. BioPure Whey Protein is an easily digested food, providing excellent nutritive value. Approximately 23% of the protein in BioPure Whey Protein is made up of branched chain amino acids. BioPure Whey Protein also provides a high concentration of naturally occurring bioactive immunoglobulins and glycomacropeptides.

Nutritional protein supplement: Adequate protein is necessary for normal growth and development⁴ and contributes to the growth and maintenance of muscle mass.⁵ A protein rich diet may decrease hunger.⁵ Whey protein intake supports satiety via suppressing plasma ghrelin,⁷ stimulating cholecystokinin (CCK) secretion⁸ and enhancing the effect of leptin.⁹

A pristine source of whey: BioPure Whey Protein contains whey from the milk of pristine, grass-fed dairy herds in New Zealand – free of disease, injected hormones, hyperimmunisation, genetic alterations and environmental contamination. BioPure Whey Protein is prepared through a patented ultrafiltration process. Whey is processed at controlled temperatures and pH to prevent the protein from denaturing.

Free from corn, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives. Contains dairy components and soy lecithin.



Thermo Burn

May Assist Weight Loss and Abdominal Fat Loss.

Contents: 60 tablets (30 days)

Order Code: TBRN

Storage: Store below 30°C

- Help to reduce body weight and promote abdominal fat loss.^{1,2}
- Assist in managing carbohydrate cravings.³
- Provides 270 mg of EGCG from green tea per day.

Each tablet contains

Dry herbal extracts:

<i>Camellia sinensis</i> , (Green tea) leaf	450 g
Derived from dry leaf	11.3 g
<i>Theobroma cacao</i> (Cocoa), seed	140 g
Derived from dry seed	630 mg
<i>Capsicum annuum</i> (CH19 sweet pepper), fruit	35 g
Derived from dry fruit	1.4 g

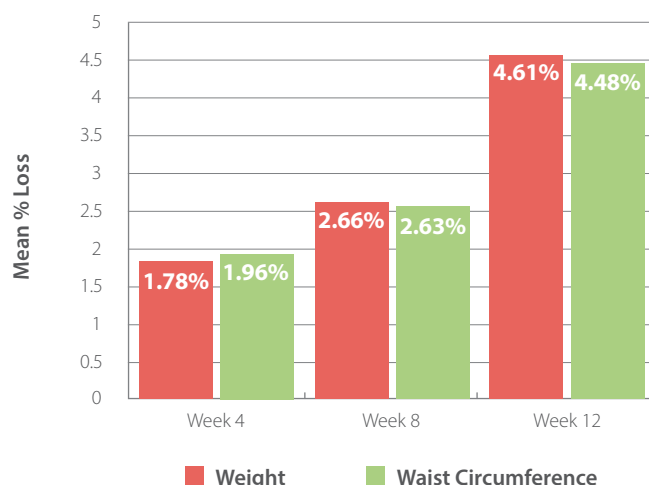
Directions for use (Adults only):

For thermogenesis: Take 2 tablets daily with food.

For appetite support: Take 1 tablet, three times daily (with each main meal).

Benefits:

A clinical trial has shown 270 mg of epigallocatechin gallate (EGCG) from green tea decreased body weight and waist circumference in 70 moderately obese patients. There was a significant mean body weight decrease by 4.61% and a decrease in mean waist circumference by 4.48% (Figure 1). The mechanism by which green tea decreased body weight was via inhibition of lipases and the stimulation of thermogenesis.⁴ Green tea has been shown to significantly increase energy expenditure by a mean of 330 kJ (3.5%) demonstrated in a separate, double-blind trial (Figure 1).⁵



Chantre P, Lairon D. Recent findings of green tea extract AR25 (Exolise) and its activity for the treatment of obesity. *Phytomedicine* 2002; 9(1):3-8.

Figure 1: Green Tea Has Been Shown to Reduce Body Weight and Waist Circumference.

Cocoa may support healthy eating patterns and assist in managing carbohydrate cravings.³ Cocoa contains components which may act on the homeostatic regulation of certain neurotransmitters, which are involved in the regulation of appetite, hunger and mood.⁶ Methylxanthines contained in cocoa may also facilitate the synthesis and release of serotonin, and inhibit its reuptake, thereby enhancing the activity of the serotonergic presynaptic neurons in the brain.⁷

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives. Thermo Burn should be used in conjunction with a calorie controlled eating plan and exercise.

Contains 47.1 mg of caffeine per tablet.



Keto Bar

*A Delicious Low Carbohydrate/
High Protein Ketogenic Bar.*

Contents: Box of 10 (60 g bars) Vanilla Nougat, Cherry / Coconut, Caramel
Order Code: KBVN (Vanilla Nougat), KB (Cherry Coconut), KBC (Caramel)
Storage: Store in a cool, dry environment

- Use to reduce hunger as a snack or as a part of the Shake It Practitioner Weight Management Program.
- Variety of three great flavours to suit each patient.
- ~19 g protein and less than 3 g impact carbohydrates per bar.

Nutritional Information: (Caramel Flavour)

Serving size: 60 g

Quantity per	60 g	100 g
Energy	845 kJ (201 cal)	1408 kJ (337 cal)
Protein	19.2 g	32 g
Fat		
- total	6 g	10.1 g
- saturated	2.8 g	4.7 g
Carbohydrate		
- total	22.1 g	36.8 g
- sugars	2.4 g	4 g
Unavailable carbohydrates		
- polydextrose	6.7 g	11.2 g
- glycerine	5.3 g	8.8 g
- sorbitol	3.5 g	5.9 g
- maltitol	3.8 g	6.3 g
Impact carbohydrates	2.8 g	4.6 g
Dietary fibre	2.5 g	4.2 g
Sodium	149 mg (6.5 mmol)	248 mg (10.8 mmol)
Vitamin B1	943 micrograms	1.6 mg
Vitamin B2	1.5 mg	2.5 mg
Niacin	9.9 mg	16.5 mg
Pantothenic acid	1.8 mg	3.0 mg
Vitamin B6	1.2 mg	2.0 mg
Vitamin C	22.3 mg	37.2 mg
Vitamin D	1.0 micrograms	1.6 micrograms
Vitamin E	16.9 mg	28.2 mg
Biotin	24.9 micrograms	41.5 micrograms
Iron	6.5 mg	10.8 mg
Manganese	600 micrograms	1.0 mg
Iodine	34.7 micrograms	57.8 micrograms
Copper	496 micrograms	827 micrograms
Zinc	5.0 mg	8.3 mg
Chromium	50 micrograms	83 micrograms

Average values given.

Serving Suggestion: Take ½ to 1 Keto Bar daily.

Benefits:

High protein, low carbohydrate snack: Keto Bar is ideal for those wishing to limit their carbohydrate intake, and for individuals wishing to support weight management and body composition.

Refer to the label for a full list of ingredients. Contains dairy and soy components. Produced in a facility that processes peanuts and/or other nuts and gluten containing ingredients.

Free from gluten, eggs, artificial colours and flavours.



Ketostix®

Reagent Strips for Urinalysis.

Contents: 50 test strips (25 days)
Order Code: KETO50
Storage: Store below 30°C and out of direct sunlight

- To test for ketones, an indicator of fat mobilisation for energy.
- A convenient urine test with results in seconds.
- Can be used in conjunction with the Shake It Practitioner Weight Management Program.

Directions: Test twice daily (before breakfast and before dinner).

Step 1: Dip test area of strip in urine and remove immediately. Alternatively, wet the test area by passing strip through urine stream.

Step 2: Tap edge of strip against container or clean, dry surface to remove excess urine.

Step 3: Compare test area to colour chart, exactly 15 seconds after wetting. Ignore colour changes that occur after 15 seconds.

Benefits:

For the detection of ketones: Ketostix® are reagent strips for the detection of ketones in urine. Ketones are generated by the metabolism of fat as an energy source, when carbohydrates are reduced.

Can be used in conjunction with the Shake It Practitioner Weight Management Program: Ketostix® are a great tool for both Practitioner and patient, to provide motivation and an indication that fat burning is occurring throughout the Shake It Practitioner Weight Management Program. When the diet is followed correctly, the patient may produce urinary ketones registering in the 'small to moderate' range on the Ketostix® colour scale. By registering in the 'trace' to 'small' range on the Ketostix® (seen as a change in colour from beige to pink); the patient will know they are using fat as an energy source.



Ultra Flora MetaControl

Advanced Probiotic Combination to Shape a Beneficial Microbiome for Wellbeing.

Contents: 60 capsules (VegeCaps) (60 days)

Order Code: UPMC

Storage: Store at 2°C to 8°C (Refrigerate. Do not freeze.)

- Provides metabolic benefits, including reduced body mass index (BMI), reduction in total cholesterol and low density lipoprotein (LDL).^{1*}
- Improves weight management, including total and abdominal fat mass, waist circumference and reduced energy intake.²

Each capsule contains:

24 billion live probiotic organisms:

<i>Bifidobacterium animalis</i> ssp <i>lactis</i> (HN019™)	14 billion CFU (organisms)
<i>Bifidobacterium animalis</i> ssp <i>lactis</i> (B-420™)	10 billion CFU (organisms)

Directions: Adults: Take 1 capsule daily.

Benefits:

Recent microbiome research has established a potential correlation between body weight and the microbiome. DNA analysis has shown that obese subjects may have a different microbiome composition to lean subjects. Gut bacterial composition is able to influence how energy is stored, as well as influence glycaemic control and satiety hormones. Specific probiotics can be a useful adjunct to dietary programs to control weight, metabolic markers and body composition.⁶

Weight control and body composition: *Bifidobacterium animalis* ssp *lactis* (B-420™) has a growing body of human and animal research, including a 2016 clinical trial. A 6 month study of 225 non-dieting, overweight people (predominantly women aged 40+) took 10 billion CFU B-420™ daily (with or without dietary fibre) or placebo. Both B-420™ groups showed significant improvements in fat mass, abdominal fat, waist circumference and lean muscle mass, as well as an overall reduction in calorie consumption.⁷ Pre-clinical animal and in vitro research on B-420™ has demonstrated reduced weight gain, improved glycaemic response,^{8,9} reduced zonulin levels (a marker of intestinal permeability),¹⁰ improved tight junction integrity, and protection against *E. coli*-induced damage; decreasing gut inflammation and the consequential impairment in insulin sensitivity.^{11,12}

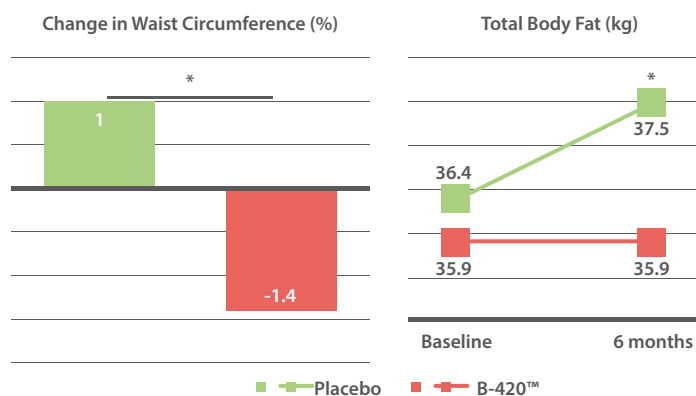


Figure 1: B-420™ - Beneficial Effect on Body Composition.

Cardiometabolic markers can also be influenced by probiotics. A 2016 study on 51 adults with metabolic syndrome showed that *Bifidobacterium animalis* ssp *lactis* (HN019™) reduced BMI, total cholesterol (TC) and low density lipoprotein (LDL).^{13*} The proposed mechanism is associated with prevention of cholesterol absorption by the intestinal tract into the blood stream, by aiding the assimilation of cholesterol during bacterial multiplication and cholesterol binding, and to improve liver metabolism through increased short chain fatty acid (SCFA) production, inhibiting HMG Co-A reductase.¹⁴ Mechanistically, it has been shown to reduce proinflammatory cytokines TNF-α and IL-6, which are associated with the development of obesity.¹⁵

		TC (mmol/L)	LDL (mmol/L)
Placebo	Baseline	11.1	6.5
	Day 45	11.4	6.4
	Change	+0.3	-0.1
HN019™	Baseline	11.6	7.1
	Day 45	10.8	6.1
	Change	-0.8	-1

Figure 2: Reduction in Total Cholesterol (TC) and LDL Cholesterol (LDL) with HN019™ Supplementation.¹⁶

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, soy protein, and salt. Free from artificial colours, flavours and preservatives.



SHAKE
PRACTITIONER WEIGHT MANAGEMENT PROGRAM

Helpful Hint:

Ultra Flora MetaControl can be added to your Shake It shake for convenience.



Resist-X Advanced

Supports Healthy Blood Glucose, Carbohydrate Metabolism and Liver Function.

Contents: 60 tablets (30 days)

Order Code: RSXA60

Storage: Store below 30°C

- Innovative formula containing berberine and milk thistle which exert a synergistic effect to target insulin resistance and liver dysfunction simultaneously.
- Supports healthy blood sugar balance and carbohydrate metabolism.
- Supports the liver and modulates lipid metabolism.

Each capsule contains:

Chromic chloride hexahydrate	705 micrograms
Equivalent chromium	138 micrograms
Chromium picolinate	101 micrograms
Equivalent chromium	13 micrograms
Dry Herbal Extracts:	
<i>Berberis aristata</i> (Indian Barberry), root	1 g
Derived from dry root	5 g
Equivalent to berberine chloride	500 mg
<i>Silybum marianum</i> (Milk Thistle), seed	125 mg
Derived from dry seed	8.8 g
Equivalent to Flavanolignans calculated as Silybin	105 mg

Directions for use:

Adults: Take 1 tablet twice daily with food.

Clinical Benefits:

Berberine from Indian barberry and milk thistle exert a synergistic effect.¹ Milk thistle supports healthy liver function and reduces free radicals formed in the body.² Berberine typically has low oral bioavailability, and its cellular uptake is limited by the P-glycoprotein efflux pump located on cell membranes. Milk thistle's flavanolignans act as inhibitors of this pump,³ supporting berberine's cellular uptake (Figure 1).⁴ In a single-blind, randomised placebo-controlled trial, patients with elevated blood sugar given the combination of 210 mg per day of milk thistle flavanolignans with Indian barberry, equating to 1 g per day of berberine, was shown to synergistically increase berberine's therapeutic effects on glycosylated haemoglobin (HbA1c) compared to the same dose of Indian barberry given alone (p<0.05).⁵ The two ingredients in a randomised double-blind placebo-controlled trial led to significant reductions in biomarkers: body mass index (BMI), waist circumference and visceral fat compared to placebo after 12 months of supplementation (p<0.01).⁶

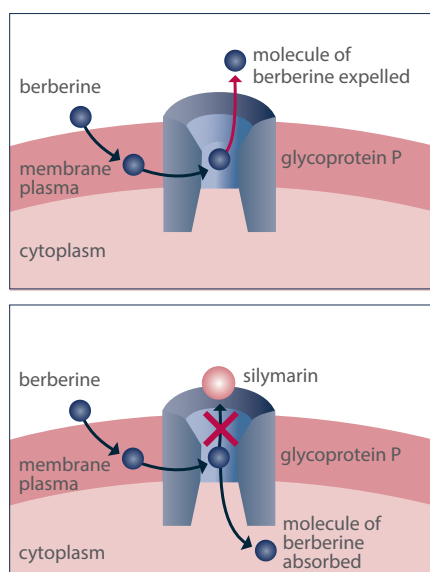


Figure 1: Milk thistle's Flavanolignans Support Berberine's Cellular Uptake.⁷

Poor blood sugar control is associated with low-grade systemic inflammation (meta inflammation) caused by nutrient excess.⁸ The twin-cycle hypothesis presents the interconnecting pathways following overnutrition and inflammation, leading to fat accumulation in the liver and insulin resistance. The result of higher very low density lipoprotein (VLDL) in the circulation leads to fat accumulation in the pancreas and subsequently, beta cells (β -cells) dysfunction.⁹ To improve insulin resistance, both pancreatic β islet cell dysfunction and liver lipid metabolism must be addressed (Figure 2).^{10,11}

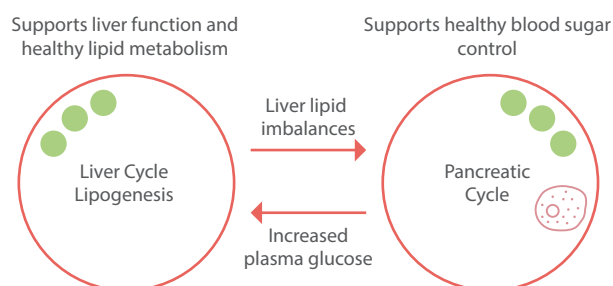


Figure 2: The Twin Cycle Hypothesis – Addressing the Pancreas and the Liver.¹²

Chromium assists carbohydrate metabolism, supports healthy blood sugar, and is an essential element in glucose homeostasis.¹³ It achieves this by promoting insulin signalling.¹⁴ A meta-analysis of human clinical trials showed combining milk thistle and Indian barberry presented a significant reduction in fasting blood glucose, total cholesterol, triglycerides, low density lipoproteins, and a significant increase in high density lipoproteins.¹⁵

Metabolic stress, such as lipodysfunction and meta inflammation may predispose to pancreatic impairment.¹⁶ Metabolic imbalances (e.g. fatty liver, insulin resistance, weight gain and hormonal imbalances) all involve liver function alterations, fatty acid abnormalities and changes in blood sugar control.¹⁷ Berberine aids the breakdown of dietary fat and protects the liver. In an animal study, berberine improves pancreatic β islet cell function under metabolic stress.¹⁸ In another animal study, berberine has been shown to reduce hypercaloric induced liver lipid infiltration,¹⁹ and was also shown to inhibit pancreatic inflammation and pancreatic β islet cell damage associated with insulin resistance.²⁰

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives.

Shake It Range Summary

Product Highlights

Page



Shake It

Body Composition Shake.

- 20 g Protein
- <3 g Impact carbohydrates
- Unique combination of soy and whey protein

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Shake It Dairy Free

Dairy Free Body Composition Shake.

- 20 g Protein
- 3 g Impact carbohydrates
- Suitable for vegans

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BioPure Pea Protein

Non GMO Vegan Pea Protein Isolate.

- 17.8 g Protein
- 1.2 g Carbohydrates
- High quality, non GMO pea protein

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BioPure Collagen Protein

Naturally Sourced Collagen Protein.

- 17.3 g Protein
- <1 g Carbohydrates
- Bovine collagen source

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BioPure Whey Protein

Bioactive Undenatured Whey Protein Isolate.

- 17.5 g Protein
- 1.5 g Carbohydrates
- Whey protein isolate from grass-fed dairy herds

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Thermo Burn

May Assist Weight Loss and Abdominal Fat Loss.

- 11.3 g Green tea
- 4.9 g Cocoa

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Product Highlights

Page



Keto Bar

A Delicious Low Carbohydrate/High Protein Ketogenic Bar.

- ~19 g Protein
- <3 g Impact carbohydrates
- Three delicious flavours

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Ketostix®

Reagent Strips for Urinalysis.

- To test for ketones, an indicator of fat mobilisation for energy

17



Ultra Flora MetaControl

Advanced Probiotic Combination to Shape a Beneficial Microbiome for Wellbeing.

- *Bifidobacterium animalis ssp lactis* (HN019™)
- *Bifidobacterium animalis ssp lactis* (B-420™)

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Resist-X Advanced

Supports Healthy Blood Glucose, Carbohydrate Metabolism and Liver Function.

- 1g Indian Barberry
- 125 mg Milk Thistle
- 138 micrograms Chromium Chloride Hexahydrate
- 13 micrograms Chromium Picolinate

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Metagenics Institute®



References available upon request.

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Metagenics Australia
741 Nudgee Road,
Northgate, Queensland 4013.
PO Box 675,
Virginia BC, Queensland 4014.

Ph: (07) 3117 3300
Fax: (07) 3117 3399
Ph: Country and Interstate
1800 777 648

Metagenics NZ
22B William Pickering Drive,
Rosedale, Auckland 0632.
PO Box 35383,
Browns Bay, Auckland 0753.

Ph: (09) 478 2540
or 0508 227 744
Fax: (09) 478 2740
or 0508 227 733

 metagenics.com.au
 info@metagenics.com.au
orders@metagenics.com.au

 metagenics.co.nz
 info@metagenics.co.nz
orders@metagenics.co.nz

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